

## Diesha's Magic (Magic Circle, Small Ball)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Stretch with Circle</b> -Cross/Open/Center with Flex -Complete Side 2	2 times in each position	1 Extra Light, 1 Heavy		L leg heavy on bar, R ball of foot in circle
<b>Feet in Straps (circle in ankles)</b> -Lowers/Lifts -C-curve Reach - Squeezes -Bend & Stretch with Curl	8 lowers/lifts 10 squeezes 8 bend & stretch/curl			Circle between ankles
<b>Hands in Straps (circle)</b> -Curl/Reach Across - Single Leg Stretch -Hold Curl - Leg Lift (straight) -Complete Side 2 right away -Center Curl with Straddle	8 each			Start in table top, long straps and circle in hands, cross straight arms past the legs on the curl
<b>Side Lying Leg Sequence (circle pressing on carriage)</b> -Up/Down Sweep -Front/Back Sweep/Hip Lift -1 Arm Riser Pull (circle) -add knee tuck	10 each	1 medium		R forearm on headrest, L foot in long strap, L hand pressing into circle/carriage
<b>Double Leg Stretch (circle) (reverse crunch)</b> -Center (both legs tuck) -Cross to Left (knee in) -Cross to Right (knee in)	10 each			Facing the risers, circle & long straps in hands, table top legs
<b>Work Backwards - Start with Riser Pull on Side 2 &amp; complete flow, ending with Side Lying Leg Sequence</b>	10 each			Hold circle with R hand for riser pull, L forearm on headrest for leg sweeps
<b>Lunges (elevated heel - ball) (circle in hands)</b> -Scooter Press (hold lunge) -Curtsey/Lunge Combo.	12 lunges 10 curtsy/lunge combo.	1 light	Ball, circle	R foot on floor, ball underneath heel, L foot against shoulder rest

Exercise	Reps	Springs	Props	Direction
<b>1 Arm Row (strap)/Lunge Combo. (ball by calf)</b>	10			Face the back, R hand in long strap, L hand holds top of circle, L leg in front, ball between R calf & machine
<b>Squat/Squeeze (ball by calf)</b>	10			
<b>Standing Work</b> -Circle Squeezes -Squats -Hold Squat - Squeeze Circle -Splits (circle at chest/reach)	10 each	1 extra light or no springs		L foot on platform, R foot on carriage, circle between carriage and platform
<b>Push-ups (circle underneath chest)</b>	10			Hands on bar, middle of chest against circle, toes against edge of carriage
<b><i>Start with Standing Work on Side 2 &amp; complete flow, ending with Lunges (heel elevated) Section on floor</i></b>		Change to light spring for lungs (heels elevated)		R foot on platform/L foot on carriage to start
<b>Feet in Straps</b> -Circles (both directions) -Long Spine -Short Spine -Frog Stretch -Straddle Stretch -Knees Sway R & L Stretch	5 each 3 short spine 10 sec. stretches	1 medium & 1 light		Feet in long straps, arms by sides