

## Feels So Good (Pole)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Feet in Straps (Pole)</b> <b>-Hamstring Stretch/Walk Up &amp; Walk Down</b> <b>-Single Leg Stretching (holding onto pole)</b> <b>-Single Leg Stretching (Side 2)</b> <b>-Short Spine</b> <b>-High Bend &amp; Stretch</b>	1 min. up & down 30 sec. single leg each side  4 short spine 5 bend/stretch	1 heavy & 1 medium	Pole	Pole thread through long straps, arches of feet on bar, arms on carriage For single leg - hold outsides of pole/overhand grip, other leg hovers/long above bar
<b>Hands in Straps (Pole)</b> <b>-Diamond/V/Diamond/Close</b> <b>-Knee Sways (diamond)</b>	30 sec. each			
<b>1 Foot in Strap/Pole</b> <b>-1/2 Hip Circle</b>	30 sec.			Arch of L foot on pole, R leg circles around back and forth
<b>1 Foot in Strap/Pole</b> <b>-1/2 hip Circle (Side 2)</b>	30 sec.			R foot on pole
<b>Bridge (hands on pole)</b> <b>-Hold - Pulses Outward</b> <b>-Hold - Pelvis Press/Bar Press</b> <b>-Hold - Straight Legs/Press Bar</b>	30 sec. bridge 10 pulses 30 sec. pelvis press 10 sec. hold straight arms & legs			Hands on pole/overhand grip, heels on bar/together
<b>Kneeling Arms/Hands in Straps</b> <b>-Punch Front/Round Forward</b> <b>-Punch Front/Round Forward</b> <b>* Add Hip Thrust</b> <b>-High Kneeling Spine Twisting (Pole Stays in Front of You)</b>	30 sec. each	1 heavy		Kneel on carriage facing bar, hands in pole/overhand
<b>Side Kneeling (1 Hand/Pole)</b> <b>-Overhead Reach/Side Bend</b> <b>-Hold - Bend &amp; Stretch</b>	10 each			R hand in the middle of the pole/overhand grip, L hand on headrest, knees facing the side on the carriage/near the edge
<b>Complete Side Kneeling Section on Side 2</b>	10 each			L hand on pole, R hand on headrest

Exercise	Reps	Springs	Props	Direction
<b>Standing Front Split</b>	1 min.	1 medium	Pole	L foot on floor/L side, R foot against shoulder rest, pole on floor/L hand on top, R hand on R hip bone
<b>Side Splits -Hold Split - Side Bends</b>	30 sec. each			Pole is behind upper back, L foot on platform, R foot on carriage
<b><i>Complete Front Splits &amp; Side Splits on Side 2</i></b>	Reps listed above			
<b>Short Box Abdominal Variations -Twisting R &amp; L -Hold L - Lift Up &amp; Down -Hold R - Lift Up &amp; Down</b>	30 sec. twisting 20 sec. up & down each side	1 medium	Box & pole	Short box in front of shoulder rests, feet in front strap, overhands grip on pole, arms straight in front of you
<b>Stomach on Box -Lift/Lower Chest -Single Arm Circles</b>	3 each			Back of ankles hooked underneath bar, hips on box, hands on frame, stomach on box
<b>Elevated Swan Stretch</b>	10 sec. hold			Feet on platform, hands on box
<b>Standing Stretch -Tuck Chin/Hands Behind Head -Reach Up/T Stretch</b>	10 sec. each			