

Jen's Stretch Flow (Box, Grippy Mat, Ball)

Flow

Exercise	Reps	Springs	Props	Direction
1 Foot in Strap (ball behind knee) -Lower/Lift - Toe Tap -Lower/Lift - Toe Tap/Ab. Curl -Hold Curl - Pulse Ball -Ball on Shin - 1 Knee Tucks -Ball on Shin - Ab. Curl/Pulse	30 sec. each 10 pulses on ball 10 knee tucks/curls	1 heavy	Ball	Platform extender, grippy mat, R foot in long strap, ball behind L knee, arms to ceiling
Complete Side 2	30 sec. each 10 pulses on ball 10 knee tucks/curls			Ball behind R knee, L foot in long strap
Semi-Circle	30 sec. each direction			Pilates V on bar, hold shoulder blocks, hips off carriage
Standing Side Leg Press (Turned Out) -Add Arm Reach Over - Hold	30 sec. just the leg 5 adding the arm/hold	1 light		Stand on L side of machine, Pilates V on floor, facing away from machine, R hand on bar, L toes on top of shoulder rest
Front Lunge Hold -Slow Scooter	8			R foot on floor/L side of machine, L toes on top of shoulder rest
Flamingo Pike/Lunge -End with Arm Extension	10			R foot on floor, R knee to chest for flamingo
Side Forearm Plank (Box) -Pikes - Top Arm Lifted -Pikes - Top Arm & Leg Lifted -Hold Plank - Top Leg Sweeps	30 sec. each variation 5 sweeps		Box	Short box on rails in between bar and carriage, face the side, R forearm on box, L hand behind crown of head, knees stacked on carriage
Side Kneeling Arms -Draw a Sword/Hip Thrust -Sweep Across/Draw Sword (High Hips)	6 each			Both knees on carriage, R hand holds sewn part of strap/overhand grip

Exercise	Reps	Springs	Props	Direction
Standing Arms (Split Stance) -1 Arm Bicep Curl -1 Arm Bicep Curl/Serve	3 curls 10 curl/ serving			Facing foot bar, R foot forward/flat on carriage, L foot digging into carriage, hands in short straps, back leg long, L hand long strap
Lunges (Box)	10			L foot on box, box between both hands/at chest, R ball of foot on carriage/centered
Split Stretch	3			Hands on box
Teaser Prep (with Carriage)	10-12			Sit on box, feet on platform, ball between knees, hands on carriage/fingers facing the back, legs in table top
Teaser Hold	10 sec. hold			Reach arms forward, legs bent or straight
Incline Plank -Tucks -Alt. Leg Up & Over Tap	5 tucks 6 up & over			Face the back, hands on carriage, feet on box
Complete the following exercises on Side 2: -Lunges (Box)/Split Stretch -Bicep Curl/Serving Standing -Side Kneeling Arms -Side Forearm Plank/Kick -Standing Side Leg Press -Front Lunge/Scooter -Flamingo Pike/Lunge		Keep spring	Take off box for standing side leg press	R foot on box for lunges
Final Stretch Flow -Down Dog - Roll to Plank -Plank to Cobra -Plank - Circles Through Spine	30 sec. 3 circles each way	1 light & 2 heavy	Box	Straps in the well, loosen the straps, stand on the frame facing the foot bar/stand on the back of the machine