

New Year Strong (Med & Heavy Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Short Box Roll Back (Weights) -Roll Back -Roll Back - Alt. Punches -Knee to Chest/Rotations	30 sec. roll back/up 10 punches 10 knee to chest	1 medium	Box	Short box in front of shoulder rests, dumbbells in both hands, sit on top of box, feet in front strap, dumbbells at chest to start
Plank - Tuck/Squat Hold -Pulses -Long Stretch	30 sec. 10 pulses 30 sec. long stretch			Heels against box/toes on carriage, hands on bar
Floor Section -Sumo Squat (Dumbbell) -Pulses	15 each		1 Heavy dumbbell	Wide knees/toes, dumbbell at chest
Floor -Alt. Reverse Lunge (Goblet)	8 each side			Dumbbell at chest, front foot doesn't move
Repeat Floor Section -Sumo Squat/Pulses -Alt. Reverse Lunges	15 sumos 8 reverse lunges			Consider increasing weight
Side Split - Lateral Raise	30 sec.	1 light	Medium dumbbells	R foot on platform, L foot on carriage, dumbbells at sides
-Squats -Side Scooter/Hammer Curl -Lateral Squat	10 each			Dumbbells resting on shoulders, carriage stays closed as much as possible
Forearm Plank - Tucks	30 sec.			Weights rest on top of box, forearms on box, feet on platform or bar
Complete Side 2 -Side Split -Squat -Scooter/Hammer Curl -Lateral Squat	10 each			L foot on platform, R foot on carriage
Floor Section -Upright Row (med. dumbbells) -Hammer Curl	12 rows 10 curls		Heavy & medium dumbbells	Stand next to machine

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Repeat Upright Rows & Hammer Curls	12 rows 10 curls			
Straddling Box Sequence -Grande Plie - Overhead Reach -Side Reach/Bend -Lateral Sweep	8 each	1 medium		Same box placement, L foot on headrest, R foot on carriage/straddling box, L hand in long strap Hold long strap with R hand for lateral pull
Complete Side 2 Straddling Box Sequence	8 each			L foot on carriage, R foot on headrest, R hand in long strap
Floor Section -RDL's -1 Leg Box Squat -1 Leg Box Squat (Side 2)	10 RDL's 6 squats each side		Med or heavy dumbbells	Long box on carriage, complete squats on each side - dumbbell at chest
Repeat RDL's & 1 Leg Box Squats (both sides)	10 RDL's 6 squats on each side			
Hands in Straps -Curl/Single Leg Stretch x2 -Curl/Double Leg Stretch -Curl/Scissors -Curl/Beats	30 sec. 20 sec. double leg stretch 10 sec. scissors & beats	1 heavy & 1 medium		Hands in long or short straps
Floor/Box Section -V Sit-Teaser -Russian Curls (dumbbells)	10 each		1 medium dumbbell	Bar down, sit on box facing front
Repeat V Sit-Teaser & Russian Curls	10 each			
Standing Stretch	20 sec.	No springs		Hands on bar, stand in well, move carriage away