

Restore with Ebony (Box)

Flow

Exercise	Reps	Springs	Props	Direction
Seated Footwork (Box -Center -Rotating R & L (arms open) -Roll Back/Drop Heels Combo.	30 sec. each	1 light & 1 medium	Box	Short box in front of shoulder rests, toes on bar/knees and toes facing ceiling, hands in front of box/tall spine
Shoulder Bridge -Hamstring Curls	30 sec.	1 medium		Heels on bar, arms to ceiling, shoulder blades on box
1 Leg Shoulder Bridge -Hamstring Curls <i>(Complete both sides)</i>	5 each leg			First side - L heel on bar, R leg to ceiling Then complete 2nd side
Semi-Circle Prep -Reverse direction	3 each way			Toes on bar & outward/heels together
Seated Arms (box) -Front Sweep -Circle Arms -Serving (flexion & extension) -Serve/Circle with Extension -Rotator Cuff -Serve Table Top Circles	30 sec. sweep 8 circles 30 sec. serving 3 serve/ circle combo. 30 sec. rotator cuff 8 table top circles			Long box, horseback position with legs/feet flat on carriage
Mermaid Variations -Side Bend/Top Leg Kicks -Rotation/Arabesque/Extension	4-5 each variation	1 light		R hip closest to foot bar, sit on R hip, legs stacked/bent, R hand on bar
Mermaid Variations (Side 2)	4-5 each			L hand on bar

Exercise	Reps	Springs	Props	Direction
Swan Section -Arms - Press/Heel Taps/Bend -Swan - add R & L head rotations -Swimming	3 press/heel tap combo. 30 sec. swan 20 sec. swimming			Middle of chest at edge of box, hands shoulder width, legs behind you/lifted, elbows narrow
Side Lying Section -Leg Sweep -Up/Down -Combo - 1 Sweep/1 Up & Down (arm lifted) -Inner Thigh Lifts	30 sec. each 4 combos 10 inner thigh lifts	1 light		Face the risers, bar down, L hand on headrest, R foot in long strap, lying on L side/hip
Combo - Press Out/Lower Down/Cobra Stretch	30 sec.			Face the risers, feet on edge of platform, hands on box/ closer to the risers
Forearm Plank -Pikes	30 sec.			
Complete Side Lying Section on Side 2	30 sec. each 4 combos 10 inner thigh lifts			L foot in long strap, R hand on headrest
Pigeon (on box) -Alt. Sides -Hold 1 Side - Point/Flex Foot -Hold 1 Side - Reach Arm Up -Complete Side 2 Point/Flex & Reaching Arm Upward	20 sec. alt. 3 point/flex 3 reaching arm upward Complete side 2			Start with R leg bent on box, L foot against platform, hands on box
Moving Cat/Cow -Hold - Thread the Needle	3 center 1 each side for thread the needle			Knees on platform, hands on front edge of box, hold frame with opposite hand on thread the needle stretch
Shoulder Rolls/Head Rolls	2 each way			Stay kneeling
Standing Stretch	3			Standing off machine