

## Strong Foundations (Box, Light Dumbbells)

### Flow

| Exercise  | Reps                           | Springs  | Props               | Direction   |
|---|--------------------------------|----------|---------------------|---|
| <b>Opening Stretches</b><br>-Lunge/Hamstring Stretch<br>-Lunge/Reach Arm  | 3-5 each                       | 1 medium | Box                 | Short box in front of shoulder rests, bar up, hands on top of box, R foot on carriage, L foot on platform |
| <b>Reverse Lunge/Pulses</b>   | 30 sec.<br>10 pulses           |          |                     | R foot on top of box/flat foot  |
| <b>Side Kneeling Upright</b><br><b>1 Leg Press</b><br>-Alt. Inner Thigh Pull/Leg Press<br>-Just Inner Thigh Pull<br>-Leg Press/Rotation                       | 30 sec.<br>each<br>5 rotations |          |                     | L knee on carriage/leg against box, hands behind head, R toes on bar                                      |
| <b>1 Arm Forearm Side Plank</b><br>-External Rotations<br>-Kick Bottom Leg  | 30 sec.<br>Each                |          | Box, 1 dumbbell     | L forearm on box, dumbbell in R hand for external rotations   |
| <b>Seated Leg Press</b><br>-Lateral Raise<br>-Frontal Raise<br>-Overhead Press<br>-Rainbow Press<br>Calf Raise<br>-Overhead Tricep Press                      | 30 sec.<br>each                |          | Box,<br>2 dumbbells | Sit on box facing foot bar, Pilates V on bar, both dumbbells in hands                                     |
| <b>Short Box Series</b><br>-Round<br>-1 Leg in Table Top/Russian Twist to L Side - Extend Leg<br>-1 Leg in Table Top/Russian Twist to R - Extend Leg (Side 2) | 30 sec.<br>each                |          |                     | Feet in front strap, knees bent, arms crossed over top of the chest or hands behind head                  |
| <b>Start with Opening Stretch Sequence on Side 2 &amp; complete flow, ending with 1 Arm Forearm Side Plank Sequence</b>                                       | Reps listed above              |          |                     | L foot on carriage, hands on box, R foot on platform to start   |
| <b>Side Step-up/Knee to Chest</b>   | 1 min.                         | 1 heavy  | Box                 | Facing back/risers, L foot on carriage, standing next to machine  |

| Exercise  | Reps  | Springs           | Props | Direction  |
|---|---|-------------------|-------|--|
| <b>Kneeling 1 Leg Press</b><br>-Optional - Opposite Arm Reach on Leg Press  | 45 sec.   |                   |       | L heel against bar, R knee against carriage/box, forearms on box                           |
| <b>Side Step-up/Knee to Chest (Side 2)</b>  | 1 min.  |                   |       | R foot on carriage   |
| <b>Kneeling 1 Leg Press (Side 2)</b><br>-Optional - Opposite Arm Reach on Leg Press   | 45 sec.   |                   |       | R heel on bar  |
| <b>1 Foot in Strap</b><br>-1 Leg Lower/Lift (Figure 4)<br>-1 Leg Long/Short Spine   | 5 each  | 1 heavy & 1 light |       | L foot in long strap, R leg crossed over L leg (figure 4 position with strap leg straight) |
| <b>Hands in Straps</b><br>-Dead Bug/Single Leg Stretch<br>-Straight Leg Lowers<br>-Curl Ups/Press Arms<br>-Double Leg Lowers  | 20 sec. each<br>5 curl ups                                      |                   |       | Short straps in hands  |
| <b>1 Foot in Strap (Side 2)</b><br>-1 Leg Lower/Lift (Figure 4)<br>-1 Leg Long/Short Spine  | 5 each  |                   |       | R foot in long strap, L leg crossed over R leg (figure 4 position with strap leg straight) |
| <b>Seated Arms</b><br>-Frontal Raise<br>-Reverse Fly<br>-Alt. Frontal/Reverse Fly<br>-Bicep Curl - Optional V-Sit<br>-Bicep Curl - V-Sit with Leg Extension<br>-Roll Back/Open Diagonally | 30 sec. each<br>5 V-sit with leg extension<br>30 sec. diagonals | 1 medium          |       | Sit facing the risers, hands in long straps  |
| <b>Seated Upper Body Stretch</b>  | 30 sec.   |                   |       | Hands behind head  |