

Ball Busting with Jen (Ball, Box, Grip Mat)

Flow

Exercise	Reps	Springs	Props	Direction
Ab Curl -Add Leg Extensions -Knee to Nose -Knee to Nose/Press -Knee to Nose/Press/Kick -Hold Press - Alt. Leg Lower & Heel Drop <i>Complete Side 2 (Left)</i> Start with Knee to Nose	5 each exercise	2 heavy	Ball	Bar up, ball in front of shoulder rests, shoulder blades on top of ball, toes on bar/parallel, hands behind head
Bridge Section (ball in hands) -Up/Down -Hold Up - Slides (pass ball) -Slides - Alt. Kicks (pass ball) -Hold Up in V -Hold Up - Pivot Parallel to V -Slow Roll Down	30 sec. each 10 sec. hold 10 pivots 10 sec. roll down			Bar up, reach ball to ceiling/ between hands, rotate legs/ heels on bar/Pilates V
4 Pt. Kneeling - Side Car -Donkey Kick/Opp. Arm Salute -Bird Dog/Strap Knee to Nose -Pike - Knee to Nose Pulses -Bird Dog Hold	5 each 10 pulses 10 sec. hold in bird dog	1 heavy	Box & grippy mat, if needed	Bar down, side car box position in line with carriage, grip mat on box, if needed, kneeling on box on all 4's, long strap on R leg above R knee
Standing Side Car -Side Step Ups (strap on leg) -Split Squat (foot to carriage) -Squat Hold - Strap Leg Pulse -Squat Hold - Pulse (heel lifted)	10 each	1 medium		Line box up with back end of headrest, L leg in long strap, L foot on box
Mermaid Position -Lift Hips - Genie Arms -Lift Hips - Genie/T Arms -Lift Hips - Genie/T/Side Bend	3 each variation			Pull box slightly away from carriage, L shin against shoulder rests, R leg bent on carriage, R hand holds long strap, R arm bent on top of L

Exercise	Reps	Springs	Props	Direction
1 Arm Forearm Plank (ball pushing down on carriage/straight arm) -Pikes -Alt. Pike/Side Plank Ball Reach -Side Plank Ball Reach/Pulses	5 each 10 pulses	1 light	Box, ball	Long box on carriage, pull box to L side of carriage, bar down, R forearm on box, feet centered on platform, ball in L hand on ball/on carriage
Standing Section -Warrior Lunge -Warrior Lunge/Stretch Combo. -Hold Warrior Lunge - Press Carriage/Squeeze Ball	5 warrior 2 warrior/ stretches 10 slides	1 light or 1 medium		R foot at back of platform, L foot on carriage/slightly behind box, ball in L hand
Reverse Kneeling Plank -Alt. Decline Kneeling Push-up/Lat Pull -Reverse Abs -Single Leg Reverse Abs	30 sec. each variation			Center the box on carriage, knees on box/under hips, hands on top of frame/facing risers
Work Backwards - Start with Warrior Lunge on Side 2 & complete flow, ending with 4 Pt. Kneeling Side Car Section		1 light or 1 medium to start for side 2 *Check spring & prop changes		