

Let's Start Strong (Box, Circle, Med/Heavy Dumbbells)

Flow

Exercise	Reps	Springs	Props	Direction
Plank - Up Stretch -Reverse Up Stretch	30 sec. each direction	1 heavy		Hands on bar, feet against shoulder rests
1 Leg Press (4 Pt. Kneeling)	1 min.			Face the risers, hands on carriage around shoulder blocks, R heel on bar
1 Leg Bridge -Straight Leg Hold	30 sec. each 10 sec. hold			R heel on bar, L leg table top, L leg straightens - hold
Sit-up -Center -Alt. Twist R & L/Center -Just Twists	30 sec. each 10 sec. only twists			Feet in front strap
1 Leg Press (Side 2)	1 min.			L heel on bar
1 Leg Bridge -Straight Leg Hold	30 sec. bridge 10 sec. hold			L heel on bar
Feet in Straps (Circle) -Lowers/Lifts -Bend/Stretch (Turned Out)	30 sec. each	1 heavy, 1 light, 1 medium	Circle	Bar down, circle between ankles, long straps on arches
Hands in Straps -Arms Down/Extend Legs -Alt. Arms Down/Leg Up -100's (No Circle)	30 sec. each Full set for 100's			Keep circle between ankles, no circle for 100's
Standing on Carriage/Platform -Side Lunge/1 Arm Reach Across with Row -Dumbbell Swing	1 min. lunge/row 30 sec. squat/press 30 sec. swing	1 light	1 heavy dumbbell	R foot on platform, dumbbell in R hand, L hand behind back, dumbbell in R hand for squat/shoulder press
Twisted Plank - Pikes	10			Hands on platform, feet on carriage/tandem to L
Twisted Plank - Pikes (Side 2)	10			Tandem to R side

Exercise	Reps	Springs	Props	Direction
<i>Complete Standing Section on Side 2, starting with Side Lunge/Row, ending with Dumbbell Swing</i>	Reps listed above			L foot on platform, R foot on carriage, dumbbell in L hand
Kneeling Inner Thigh Pull (Circle at Chest) -Add Rotation	30 sec.	1 light	Box, circle	Long box on floor next to machine, R knee on carriage/ thigh against shoulder rests, L foot on box
Side Forearm Plank - Hip Dips	30 sec.			R forearm on platform, tandem legs/feet on carriage, L hand behind head
1 Strap on Foot -Scissors -Windmill -Figure 4 Short Spine	30 sec. scissor/ windmill 30 sec. short spine	1 heavy & 1 light		L foot in long strap
<i>Complete Side 2 starting with Kneeling Inner Thigh Pull & end with 1 Strap on Foot Section</i>		1 light 1 heavy/1 light for 1 strap/foot		Box on the other side of the machine