

## Reset and Restore (Box)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>1 Foot in Strap</b> -Hamstring Stretch - Flex/Point -Leg Lowers/Lifts (1 strap) -Frogs -Scissor Kicks -Hip Lifts -Scissors (Hips Elevated) -Stretches - Across/Open -Figure 4 Position - Lower/Lift	6 each 10 frogs 8 scissors 8 hip lifts 8 scissors 20 sec. each for stretches	1 medium		R long strap on R foot, L foot on bar, bar up, hold strap  L leg crossed over R leg/ ankle  Elbows bent/holding hips for elevated scissors  L leg bent on top of R leg for figure 4 position
<b>1 Foot in Strap Section (Side 2)</b>	Reps listed above			L foot in long L strap
<b>1 Hand in Strap</b> -Press Down - Extend 1 Leg	6			Short strap in L hand, legs in table top, extend R L each time on press
<b>1 Hand in Strap (Side 2)</b> -Press Down - Extend 1 Leg	6			R hand in short strap, extend L leg each time
<b>Both Hands in Straps</b> -T Arms Open/Close - Tucks -Arm Circles (both directions)	8 each			Both short straps in hands, table top to start
<b>Pilates Crunches</b> -Hold Curl - Ankle Taps -1 Heel on Bar - Roll Up -1 Heel on Bar - Roll Up (Side 2)	8 crunches 15 sec. ankle taps 5 roll ups each side			Heels on bar  R heel on bar for first side, L leg extended/long over bar L heel on bar for side 2
<b>Semi-Circle (Both Directions)</b>	5 each direction			Hands against shoulder rests, Pilates V on bar
<b>Runner's Stretch/Flexor Stretch</b> -Flying Lunges -Hamstring Stretch	20 sec. runner's stretch 8 flying lunges 20 sec. hamstring stretch	1 medium		L side of machine, L foot on ground, R foot against shoulder rest/carriage, hands on bar/straight arms

Exercise	Reps	Springs	Props	Direction
<b>Down Stretch</b> <b>-Tricep Push-up Variation</b>	30 sec. down stretch 5 tricep push-up variation			Hands on bar, knees on carriage, feet against shoulder rests
<b>Runner's Stretch/Flexor Stretch (Side 2)</b> <b>-Flying Lunges</b> <b>-Hamstring Stretch</b>	Reps listed above			R side, R foot on floor, L foot against carriage/shoulder rest
<b>Standing Lat Pull/Cat</b>	30 sec.	1 light		Stand in the well/facing shoulder rests, hips distance wide with the legs, hands on top of shoulder rests
<b>Plank - Down Dog/Drop Heels/ Lift Heels/Roll to Plank</b>	30 sec.			Feet on back frame, hands on top of shoulder rests
<b>Standing Section</b> <b>-Standing Leg Lift</b> <b>-Mt. Climber Plank</b> <b>-Kneeling Lunge/Split Stretch</b>	10 leg lifts 15 sec. mt. climber 5 stretches			L hand on shoulder rest, R arm reaching through/thread the needle  Leg lift - R foot on headrest/ carriage, L leg to ceiling, hands on shoulder rests  Mt. climber - L toes on carriage  Stretch - R foot on platform L knee on carriage
<b>Down Stretch (Lighter Spring)</b>	30 sec.			Hands on bar, feet against shoulder rests
<b>Standing Section (Side 2)</b> <b>-Standing Leg Lift</b> <b>-Mt. Climber Plank</b> <b>-Kneeling Lunge/Split Stretch</b>	Reps listed above			R leg on leg lifts
<b>Short Box Series</b> <b>-Round</b> <b>-Roll Back/Arms Up &amp; Down/ Roll Up</b> <b>-Hold Roll Back - Arms Up &amp; Down Only</b>	5 each	1 light	Box	Short box in front of shoulder rests, feet in front strap, hands behind head
<b>-Climb a Tree (R Side)</b> <b>-Climb a Tree (L Side)</b>	3 each	1 light & 2 medium		Climb a Tree - L leg up/R foot in strap (for first side)

Exercise	Reps	Springs	Props	Direction
<b>Back Split/Lunge (Hands Down) -1 Arm Twist/Reach</b>	6 lunges 5 reaches	1 light		Body facing risers, bar down, L foot on platform, R foot flat on carriage, hands on box
<b>Back Split/Lunge/Reaches (Side 2)</b>	6 lunges 5 reaches			L foot on carriage, R toes on bar
<b>Final Stretch</b>	10 sec.			Hands on box, feet on platform