

Stronger by Jen (Box, 2 Light Weights, 1 Medium Weight)

Flow

Exercise	Reps	Springs	Props	Direction
Supine Core - 5th Position -1 Leg Lower/Skull Crusher -1 Leg Lower/Skull Crusher/Ab Curl Reach Around -Bicycle with Reach -Bicycle - 4 Count Arms Up/Down (4x) <i>Complete Side 2</i>	10 each 4 sets of bicycle with reach	1 medium, 2 heavy	Light weights	Bar on low shelf, table top legs, weights in both hands, arms to ceiling to start, cross L leg behind R leg, lower L leg on crusher Side 2 - R leg crossed behind L leg in 5th position
Standig Section -Weighted RDL -Carriage Lunge/Narrow Overhead Press -Combo - Alt. RDL/Lunge -Hold Lunge - Stretch & Bend Arms/Stretch & Bend Leg	10 each	1 medium	Medium weight	L foot on platform, weight in both hands, toes of R foot on bar behind you Wide elbows on final stretch & bend
Copenhagen Plank (L Forearm) -Lift/Lower Hips (press bar) -Combo - Lift hips/Squeeze Bar -Hold Up - Squeeze Leg to Bar -Hold Up - Pulse Hips Up	8 each			Lying on L side, L forearm on carriage, legs/hips stacked, R knee/bottom part of leg parallel to foot bar, extend bottom leg underneath bar, R arm to ceiling
Mermaid Position - Side Bends -Side Bend (strap above elbow) -Alt. Side Bend/Leg Extension -Band Extension Hold (arabesque) - Open/Close Arms -Pulse Leg in Arabesque	6 side bend 3 alt. combo 8 Open/close arms 8 pulses		Box	Short box in front of shoulder rests, hands behind head with short strap above L elbow, R leg bent on box, L knee bent on headrest
Side Facing Arms -1/2 Kneeling Draw a Sword -Alt. Rotating 1 Arm Row/ Kneeling Draw a Sword -Hold Row - Slowly Lower Down to Box (straight arm)	6 each 6 counts to lower down to box		1 Medium or light weight	R foot on carriage/facing sideways, L knee on box, R hand in short strap, L hand on box/on top of weight
Standing Sequence on Carriage -2 Squats/Press Carriage with Row/Stand Up with Snatch to Overhead Press/Lower Down -Swing/Toss Weight	1 min. combo 10 swings		1 Medium weight	L foot on carriage, R foot on platform, R hand on hip, weight reaching between legs on squat

Exercise	Reps	Springs	Props	Direction
Prone -Swan - Upper Body -Swan - Upper & Lower Body -Rainbow R/Tip Forward -Rainbow L Arm/Tip Forward -Repeat R & L Rainbows -Beat Heels	6 swans 4 rainbows 10 heel beats			Lying on stomach, hips on front edge of box, legs slightly open, hands on bar
Standing Sequence (Side 2) -Squats/Row/Press Combo -Swing/Toss	Reps listed above		1 medium weight	R foot on carriage, weight in R hand, L foot on platform
Side Facing Arms (Side 2) -Draw a Sword -Alt. Sword/1 Arm Row -Slowly Lower Arm	Reps listed above		1 Medium or light weight	R knee on box, L foot on carriage, L hand in short strap, R hand on top of weight
Mermaid Position (Side 2) -Side Bend Combo. -Leg Extension -Arabesque Pulse	Reps listed above			R leg bent on top of box, strap above R elbow
Copenhagen Plank (Side 2) -Lift/Lower Hips -Combo - Hips/Squeeze Bar -Hold - Squeeze Bar -Hold - Pulse Hips	Reps listed above		No box	R forearm on carriage, L leg on top of bar
Standing Section (Side 2) -Weighted RDL -Carriage Lunge/Press -Combo - RDL/Lunge -Hold - Bend/Stretch	Reps listed above		1 medium weight	R foot on platform, L toes on bar