

Valentine's Heat (Medium Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps (Dumbbells) -Lowers/Lifts - Front Raise -Bend/Stretch - Chest Press -Pilates V - Pec Fly -Long Spine/Hold - Narrow Chest Press -Short Spine - Arms/Legs Synchronized	30 sec. each	1 heavy, 1 light, 1 medium	Dumbbells	Feet in long straps, dumbbells in both hands, legs moving opposite of arms
Scooter - Tricep Kick Back	1 min.	1 heavy		Bar down, L foot on floor/L side of machine, R ball of foot on carriage/against shoulder rest, dumbbells in both hands
4 Pt. Kneeling Tricep Kick Back -Optional L Leg Extended	30 sec.	1 heavy or 1 medium		Hands and knees on carriage/facing risers, R hand in long strap
Chest Expansion	1 min.			Both hands in short straps,
4 Pt. Kneeling Tricep Kick Back -Optional R Leg Extended	30 sec.			L hand in long strap
Scooter - Tricep Kick Back	1 min.			R foot on floor/R side of machine, L foot against carriage/shoulder rest
Side Car Series -Curtsey Lunge - Bicep Curl -Lunge - Hammer Curl/ Overhead Press -Curtsey to Floor/Carriage Lunge - Hammer Curl/ Overhead Press Combo. -Curtsey to Floor - Overhead Press (dumbbells together)	30 sec. each	1 light	Box, dumbbells	Long box on L side on floor/ in line with carriage, R foot on box, L foot against shoulder rest, dumbbells in both hands

Exercise	Reps	Springs	Props	Direction
Reverse Abs on Box -1 Leg Knee Tuck -1 Leg Knee Tuck (Table Top) -2 Leg Tucks (stay in c-curve)	3 each 30 sec. on 2 leg tucks			Sit on box facing the risers, short strap above L knee, hands behind head, hold corners of box on double leg
Side Kneeling Arms -Alt. Lateral Raise/Wide Overhead Press -Rotations (rounded elbows) -Alt. Reverse Fly (1 dumbbell and 1 strap)	30 sec. each	1 medium	1 dumbbell	Facing the side, knees against shoulder rests, L hand in long strap, elbow down Rotation - both hands holding strap & dumbbell, elbows wide Reverse fly - strap in R hand/ dumbbell in R hand
Complete Side Kneeling Arms on Side 2	30 sec. each			Face the other direction
Complete Side Car Lunge Series on Side 2	30 sec. each			Box on R side of machine
Complete Reverse Abs on the Box on Side 2	3 each 30 sec. on 2 leg tucks			Short strap around R knee
1 Arm Side Forearm Plank -Arm Up - Tucks -Thread the Needle - Tucks	30 sec. tucks 5 threads/ tucks	1 light or 1 medium	1 dumbbell	R forearm on platform extender, feet tandem against shoulder rests, dumbbell in L hand/reaching to ceiling
Kneeling Plank (dumbbells) -Down Stretch -Alt. Row -Hold - Rows (R) -Hold - Rows (L)	30 sec. Each 10 rows R 10 rows L		2 dumbbells	Hands/dumbbells on platform extender, knees on carriage
Complete 1 Arm Side Forearm Plank/Tucks/Thread the Needle on Side 2	30 sec. tucks 5 thread the needle/tuck			L forearm on Side 2
Stomach massage -Round -Flat -Twisting/Alt. Reach R & L -Hamstring Stretch	30 sec. each	1 medium & 1 light	Grip mat, if needed	Pilates V on bar, hold front edge of carriage, c-curve in spine Hamstring stretch - legs/toes on bar/hands on bar