

A Heavy Little Flow (No Props)

Flow

Exercise	Reps	Springs	Props	Direction
4 Pt. Kneeling/1 Foot in Strap -Cat/Cow -Side Donkey Press -Straight Leg Pulses -Parallel Donkey Press -Straight Leg Pulses <i>Complete Side 2</i>	30 sec. cat/ cow 30 sec. donkey side 10 pulses 30 sec. donkey front 10 pulses	1 heavy		Face the risers on all 4's, hands on top of shoulder rests, knees on carriage, R foot in long strap Donkey - L forearm on carriage, R hand on shoulder rest, R knee to side/lifted Straight donkey - hands on headrest, knee/toes down
3 Pt. Kneeling/No Straps -Alt. 1 Leg Press/Reach Arm -Calf Raise (Hold L Arm Off) <i>Complete Side 2</i>	30 sec. each			Hands on headrest, R toes on bar, L arm reaches
Quad Stretch/Hip Thrust -Press Carriage Open -Pulses -Low Kneeling Reverse Fly -External Rotation -Tricep Extension	3 stretches 20 sec. pressing open 15 sec. pulses 30 sec. fly 30 sec. triceps			Kneeling/facing risers, hands on bar behind you Fly - hold long straps
Inverted V - Drop & Lift Knees	30 sec.			Forearms on carriage, hands on headrest, feet on bar
Forearm Plank - Saw	30 sec.			
Standing Section -Scooter (2 Arms on Bar) -Scooter (1 Arm on Bar) -Scooter (No Arms on Bar)	30 sec. each			Face the front/bar, L foot on floor/L side of machine, hold bar with both hands, R foot against shoulder rest
Wheel Barrow Position -Wide Push-up -Alt. Push-up/Press to Plank -Hold Plank	30 sec. each 10 sec. hold in plank			Hands on bar, knees on carriage/feet against shoulder rests, elbows wide on bend

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Complete Side 2 - Scooters	30 sec. Each			R side of machine, L foot against shoulder rest, R foot on floor
Hovering Hip Thrust (Frame) -Alt. Thrust/Hamstring Curl -Hold - Hamstring Curls Only -Hold - Pull with Arms	30 sec. alternating 15 sec. curls 15 sec. arms pulling			Feet flat on carriage, hands on frame/body facing bar, hips hovering above headrest to start
Reverse Core Work (Straps) -Bicep Curl/Leg Extension -Alt. 1 Leg Lowers/Holding Bicep Curl -Row/Double Leg Stretch	30 sec. each			Facing risers, hands in short straps, table top legs, c-curve spine
Plank (Hands on Frame) -Plank Hold -Combo - Walk to Frame Plank/ Pull Carriage/Close Carriage/ Walk into Bug	1 min. each			Hands on back frame of machine, feet a little behind shoulder rests
Seated Footwork (Heels) -Hips Lifted - Presses	1 min. full presses 30 sec. hips lifted			Hands on bar, start sitting on bar, heels against carriage
Center Plank - Long Stretch - Hold Plank Open	30 sec. Long stretch			Facing the foot bar, hands on bar, feet against shoulder rests, knees elevated
Supine/Feet in the Front Strap -Roll Up Halfway/Roll Down	1 min.			Feet in front strap, open knees/frog position, arms reaching forward