

## Super Strong (Ball, Box)

### Opening Flow

Exercise	Reps	Springs	Props	Direction
<b>Short Box - Seated Arms</b> <b>-Serving - Alt. Legs</b> <b>-Shoulder Press</b> <b>-Overhead Tricep Press</b> <b>-Rainbow Arms</b>	30 sec. each	1 medium	Ball, box	Short box in front of shoulder rests, sit facing bar, bar down, hands in short straps, ball between knees
<b>Short Box Series</b> <b>-Round Spine - Roll back</b> <b>-Flat Spine - Hinge Back (Ball)</b>	30 sec. each			Feet in front strap, hands behind head, c-curve
<b>Side Facing Arms</b> <b>-Seated Rotations</b> <b>-1 Arm Wide Shoulder Press</b>	30 sec. each			Face the L side, L leg bent, R leg bent on carriage/knee resting down, R hand around L fist, L hand in short strap, elbows lifted L hand in long strap - 1 arm shoulder press
<b>Side Forearm Plank</b> <b>-Hip Dip</b> <b>-Lift Top Leg/Thread the Needle</b>	30 sec. each			L forearm on box, R leg extended
<b>Side Bends</b>	10			R foot in front strap, R leg straight, R hand behind head, L arm across waist
<b>Complete Side Facing Arms, Side Forearm Plank Sequence, &amp; Side Bends on Side 2</b>				

### Main Flow

Exercise	Reps	Springs	Props	Direction
<b>Box - Front Lunges</b> <b>-Lunge/Hinging Forward</b> <b>-Hold Lunge - Scooter</b>	30 sec. each	1 light	Box	Bar down, short box on rail of bar between bar and carriage at a slight diagonal, L foot on box, R toes on carriage

Exercise	Reps	Springs	Props	Direction
<b>1 Foot in Strap/1 Foot on Box</b> -Alt. 1 Leg Bridge/1 Leg Lower -Hamstring Curl/Leg Lower -Pulses	30 sec. each 15 sec. pulses	1 medium		L foot on box, R leg to ceiling/R foot in strap.
<b>Back Extensions</b> -Hold - Reverse Fly -Hold - Overhead Press	30 sec. Extensions. 15 sec. fly & overhead press			Feet against shoulder rests, stomach/hips on box, hands behind head/facing the bar
<b>Complete Standing Lunge Section &amp; 1 Foot in Strap/1 Foot on Box Section on Side 2</b>		1 light		R foot on box to start
<b>Standing Foot in Strap</b> -Donkey Kick -Pulses	30 sec. donkey 10 pulses	1 light	Box	Short box in front of shoulder rests, face the risers, hands on box, R foot on carriage, L foot in long straps
<b>Prone</b> -Lift in Frog - Extend Legs/ Arms, Lower Down	30 sec.			Hips over the edge of box, chest off box, body facing risers, frog legs, hold frame
<b>Complete Standing Foot in Strap Section on Side 2</b>	30 sec. donkey 10 pulses			R foot in long strap, L foot on carriage
<b>Feet in Straps</b> -Lowers/Lifts -Long Spine -Short Spine -Circles	1 min. Lowers/lifts 30 sec. short & long spine 45 circles each way	1 heavy, 1 medium, 1 light	Ball	Feet in long straps, bar down, ball between ankles