

Dumbbell Diva (Medium & Heavy Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Single Leg Footwork (Weights) -Heel (Parallel) - Narrow Press with Kick -Hold Halfway In -Kicks -Pulses Double Leg Footwork -Heels Wide - Chest Press -Hold Halfway - Rotate In/Out -Hold Turn Out - Pec Fly -Hold Turn Out - Pulses Complete Side 2 Single Leg Footwork Section (R Heel - Bar)	1 min. 10 kicks 10 pulses 1 min. wide press 10 rotations in/out 10 pulses with wide legs	2 heavy & 1 medium	Light dumbbells	L heel starts on bar, R leg in table top for single leg section
Single Leg Deadlift - Pick Up & Set Down Dumbbell (Lunge Position on Carriage) -Scooter/Row -Lunge Pulses	1 min. 10 scooter/row combo. 10 sec. pulses	1 light or 1 medium	1 heavy dumbbell	Heavy dumbbell next to L foot on floor/next to machine, R foot near shoulder rest, R hand on hip, hold arm straight next to you for pulses
Wheel Barrow (Hands on Carriage)	30 sec.			Knees on platform, hands on carriage
Full Plank -Combo - Swing Dumbbell Through/Tuck Knees to Close Carriage	30 sec.		1 heavy dumbbell	
Complete Single Leg Deadlift/Scooter/Row/Lunge Pulses on Side 2	Reps listed above			R foot on floor/dumbbell in R hand
Side Sit-up/Twist	10	1 medium	1 light dumbbell, box	Short box in front of shoulder rests, sit facing side, R foot hooked in front strap, L leg bent on box, small weight at chest
Seated Alt. Side Bend (Strap)/Lateral Raise (Dumbbell)	1 min.			L hand in long strap, R hand holds dumbbell, both feet flat on carriage/squared

Exercise	Reps	Springs	Props	Direction
1/2 Standing -Serving/Deadlift -Front Raise Hold/Punch -Hold/Rotations	10 6 front raise/ punch			Facing front, R foot flat on carriage, L knee down on box, hands in long straps Front raise hold - arm stays while you punch with strap arm
Combo - Slide to Plank (Box)/ Kneeling Shoulder Press	10		Small Dumbbells	Feet on platform, dumbbells on box when not using them
<i>Start with Side Sit-up/Twist on Side 2 & continue flow, ending with 1/2 Standing Serving/Deadlift Section</i>	Reps listed above			
Lateral Lunge/Deadlift -Hold - 2 Arm Preacher Curl with Carriage Slides -Leg Pulses	10 each	1 light or 1 medium	1 heavy dumbbell	Keep box set up, facing sideways, R foot on platform, L foot on carriage, dumbbell in both hands
Side Splits/Flat Back	10			
Center Plank Press Out (Box) With Tricep Kick Back (R Side)	Reps listed above		1 light dumbbell	L hand on box, feet on platform, dumbbell to R hand
<i>Complete Lateral Lunge/Side Splits Section on Side 2</i>	Reps listed above			
<i>Complete Plank with Tricep Kick Back on Side 2</i>	30 sec.			L hand to dumbbell
Lunge Stretch (Both Sides)	20 sec. each			First side - R foot on carriage, L foot on platform, hands on box, reach R arm to ceiling
Cat/Cow (Feet on Platform)	3			Hands press against box