

Flow Strength & Stretch (1 Heavy Dumbbell, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps -Lowers/Lifts -Open/Close -Frogs -Combo - Lift/Lower/Open/Close/Frog -Repeat Frogs -Long Spine (Arms Up) -High Frog/Long Spine Down -Big Circles	-30 sec. each 3-5 long spine 3-5 high frog variations 20 sec. circles each way	1 heavy, 1 light, 1 medium		Bar up, feet in long straps Short spine variation - lift hips for candle stick, turn legs out, bend to frog, stretch in the air,
Hands in Straps -Alt. Bridge/Press Arms Down -Add Curl Up - 1 Leg Reaching Under Bar/1 Leg Reaching Over Bar -1 Leg Bridge/Curl Up & Reach 1 Leg Over & Under -Just 1 Leg Bridge -Hold Bridge - Bend/Stretch Top Leg (Tap Bar) -Complete 1 Leg Sequence on Side 2	30 sec. each			Short straps in hands, arms reaching to ceiling, heels on bar Optional curl up on press down
Roll Ups (Using Bar) -Hold C-curve - Twists	30 sec. each			Hook back of knees over bar
Wheel Barrow/Push-up Combo. -Full Plank -Knee Tucks (10 sec) -Alt. Shoulder Taps/Knee Tuck/Wheel Barrow/Plank Marches Combo.	30 sec. wheel barrow/push-up combo. 10 sec. knee tucks 30 sec. combo.	1 light or 1 medium		Bar down, hands on platform, knees on carriage

Exercise	Reps	Springs	Props	Direction
2 Pt. Kneeling (Box) -1 Arm Carriage Push 2 Pt. Plank -1 Arm Carriage Push -Flamingo Pike (Knee to Nose) 2 Pt. Kneeling -Dumbbell Row (R hand)	20 sec. each 30 sec. row	1 medium	Box, dumbbell	Side car position/L side of machine, hands/knees on box/facing risers, L hand against shoulder rest, R leg lifted behind you Row - R hand dumbbell
Split Stance (Box/Carriage) -Goblet Squat -Alt. Goblet/Carriage Press -Goblet - Rotate & Reach Down/Shoulder Press to Stand -1 Leg Deadlift	30 sec. each			Facing outside, R foot on box, L foot on carriage, dumbbell at chest Deadlift - dumbbell stays in R hand/straight arm
Short Box Series -Round (2 Pulses Forward) -Flat (Arms Up) -Stretch - Opp. Hand to Foot -Rotate/Reach -Complete Stretch on Side 2	30 sec. each 3 stretches each side			Short box in front of shoulder rests, sit on top of box, feet in front strap, hands behind head
Start with 2 Pt. Kneeling Carriage Push on Side 2 & complete entire Side Car sequence, ending with 1 Leg Deadlift	Reps listed above		Box, dumbbell	Box on R side, start on box/hands & knees
Front Splits Variations -Knee Down/Reach to Ceiling -Knee Up/Front Leg Bent -Front Leg Straight -Complete Side 2 -Child's Pose	30-60 sec. each variation	1 light & 1 medium		Bar up, L toes on bar, R knee down/foot against shoulder rest, hands on bar, Gradually have front foot on bar, back foot against shoulder rest/knee completely off carriage, arms in a T