

## Melty Pretzel Vibes (Ball)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Mermaid Stretch</b> -Side to Side -Hold Bar - Extension -Reach/Thread the Needle	3 each	Medium	Ball	Bar up, R shin against shoulder rest, L hand on bar
<b>Mermaid Position</b> -Alt. 1 Arm Tricep Press/High 5	10			Hold long strap with L hand, R hand holds shoulder rest
<b>Side Lying 1 Foot in Strap</b> -Bend & Stretch -Up/Down -Leg Sweep (Add Arm)	10 each			R forearm on headrest, ball underneath R high side of ribs, R leg bent on carriage, long strap on L foot
<b>4 Pt. Kneeling</b> -1 Arm Circle	10			Kneeling facing risers, start with 1 hand in long or short strap, hands & knees on carriage
<b>Cat/Cow Stretches</b> -Reach to L & R Sides	30 sec. total			
<b>Complete Mermaid Stretches, 1 Arm Tricep Press/High 5 &amp; Side Lying Foot in Strap Section on Side 2</b>	Reps listed above			
<b>Pigeon Stretch (L Side)</b>	30 sec.			R foot on platform, L leg bent on carriage for pigeon
<b>4 Pt. Hover</b> -Extend to Plank/Slide/Return to Hover	8			Hands on carriage
<b>Pigeon (R Side)</b>	30 sec.			
<b>Standing Cat/Cow - Lat Pull</b> -Center -R Side -L Side	3 each way			Straddle the carriage, hands on shoulder rests, feet flat
<b>Down Stretch</b> -Knee Tucks	30 sec. each			Hands on bar, knees on carriage, feet against shoulder rests

Exercise	Reps	Springs	Props	Direction
<b>Flying Lunge</b>	30 sec.			R foot on outside, hands on bar, L foot against shoulder rest
<b>Lunge/Reach (Inside Leg)</b> -Add Reach with R Arm	5			Switch feet
<b>Flying Lunge &amp; Lunge/Reach (Side 2)</b>	30 sec. each 5 lunge/ reach			
<b>1 Foot in Strap</b> -Scissors -Crossed Long Spine -Crossed Short Spine -Stretches -Side -Across -Center	6 scissors 4 long spine 4 short spine  10 sec. stretches each way	1 heavy		Bar down, R foot in long or short strap Long spine - L leg crossed over R leg
<b>1 Foot in Strap Section (Side 2)</b>	Reps listed above			L foot in long or short strap
<b>Seated Stretches</b> -Side Bends -Forward Bend	10 sec. each way	1 heavy		Legs straddle the carriage, sitting facing the foot bar, feet flat