

Reset with Steph (Circle)

Flow

Exercise	Reps	Springs	Props	Direction
Glute Bridge	8 full 10 pulses	2 medium & 1 heavy		Heels on bar
Single Leg Bridge (R) -Stay Lifted - Kick Top Leg Complete Side 2 (L Leg)	8 each			Start with R leg straight to ceiling
Knee Sways	8			Hold pegs/elbows wide, table top legs
Single Leg Footwork Pt. 1 (Circle on Arch) -Pulses -Stretches -IT Band -Side	15 full 10 pulses 10 sec. each on stretches		Circle	R heel on bar, L arch in circle/ arms straight/holding circle Keep bottom leg straight for IT Band stretch
Single Leg Footwork Pt. 2 (Circle on Arch) -(Toes) Heel Drop -Just Calf Raise -Pulses (Heel Raised) -Prance (Circle at Chest)	5 with heel drop 5 calf raises 10 pulses			R toes on bar
Calf Raises (Double Leg)	10			Reach circle to ceiling (above chest)
Complete Single Leg Footwork (Pt. 1 & 2) & Calf Raises on Side 2	Reps listed above			Start with L heel on bar / complete everything through prances
Feet in Straps -Frogs -Zippers (V) -Tiny Circles -Frog Stretch -Quad Stretch -Hamstring Stretch -Leg Circles	10 frogs 8 zippers 8 tiny circles 10 sec. each stretch 8 big circles each way	2 medium		Short straps on feet, start with heels together/toes apart

Exercise	Reps	Springs	Props	Direction
Hands in Straps (Hold Tension) -Single Leg Stretch -Double Leg Stretch -Press Arms/Reverse Crunch -T Arms - Open/Close Arms -T Arms - Single Leg Stretch	8 each	1 medium		Hands in short straps/start in table top
Hands in Straps Pt. 2 -Legs Lower/Lift (Arms Stay) -Arms Lower/Lift (Legs Stay) -Arms Press/Hold - Leg Circles	8 each 4 leg circles each way			Arms & legs start straight to the ceiling, hands in short straps
Single Strap to Foot -Figure 4 - Lower/Lift -Figure 4 Stretch -Scissors (Both Legs Straight) <i>Complete Side 2 (L Leg)</i>	4 lower/lift 10 sec. stretch 8 scissors			Start with R short strap on R foot
Flying Lunges -Lunge Hold - Pulses -Lunge/Hamstring Stretch -Split Stretch	10 each 3 stretches 20 sec. split stretch	1 medium		L side of machine, L foot on ground, R foot against shoulder rest
Down Stretch -Full Plank - Slides	8 each			Knees on carriage, feet against shoulder rests, hands on bar, lift knees for full plank
Complete Entire Lunge/Stretch Sequence on Side 2	Reps listed above			R side of machine, R leg
Seated Chest Expansion -Hold Press -C-curve - Bicep Curl -Alt.. Leg Kicks with Curls Repeat Chest Expansion (Palms Flipped) -Hold Press Hold Bar - Stretch	8 each 8 sec. holds for chest expansion 8 sec. hold with bar	1 medium		Sitting facing risers with legs long, hold long straps Hold bar behind you to stretch
Mermaid Stretch (Both Sides)	3 each way			R shin against shoulder rests