

Strength to Strength with Nat

(Med/Heavy Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Cat/Cow	30 sec.	1 light		Bar down, 4 pt. kneeling
4 Pt. Kneeling (Hands on Platform) -Knee Tucks -Alt. Knee Tucks/Push-ups	30 sec. each			Hands on platform, feet against shoulder rests, knees on carriage
R Lunge Position (Knee Down) -Traveling Lunge -Reach to Ceiling - Hold <i>Complete Side 2</i>	3 traveling Hold stretch for 10 sec.			R foot on platform, L knee down on carriage, R arm reaches to ceiling for stretch
Weighted Bulgarian Split Squat (Box) (Side 1) <i>Complete Side 2</i>	10 each		Heavy dumbbell	Stand on L side of machine, side car position with box/L side/in line with rails, R foot on floor, L top of foot on box, dumbbell in L hand/arm straight by side
Weighted Glute Bridge (Box) <i>Complete Side 2</i>	10 each			Shoulder blades on box, chin tucked, dumbbell on hips, L foot on floor, R leg in table top position
REPEAT <i>Split Squats (Both Sides)</i> <i>Glute Bridges (Both Sides)</i>	10 each			
Lunge Section -Lunge -Lunge/Rotate Over Front Leg -Hold - Scooter with Rotation	30 sec. each	1 light		Stand on R side of machine, R foot on floor, L heel against shoulder rest, hands on hips
Hands in Straps -Curl Up - Alt. Scissor Legs -Curl Up Hold - Helicopter -Curl Up - Double Leg Lower -Curl Up - Hollow Hold	30 sec. each 10 sec. hollow hold	1 medium & 1 light		Hands in long straps, legs straight to ceiling
Complete Lunge Section on Side 2, ending with Scooter		1 light		L foot on floor, R foot against shoulder rest
Supine on Box -Chest Press	12		Box, slightly lighter dumbbells	Side car position, move the box more in line with carriage, face the risers

Exercise	Reps	Springs	Props	Direction
Tricep Push-up (Box)	6			Hands on box, feet on floor behind you/body facing bar
REPEAT -Chest Press -Push-ups	12 chest press 6 push-ups			
Seated Arms (Box & Straps) -Breaststroke -Hug a Tree -Shoulder Press -Butterfly	20 sec. each	1 medium		Short box in front of shoulder rests, short straps in hands
Short Box Series - Variation -Roll Back - Alt. Knee to Chest -Roll Back - Twists	30 sec.			Feet in front strap
Standing on Floor Section -Crosshack Squats -Sumo Squat	10 total		Heavy dumbbell	Dumbbell at chest for crosshack Dumbbell in front/straight arms for sumo
REPEAT -Crosshack Squats -Sumo Squats	10 each			
Kneeling Side Split -Stay Out - Open/Close	5 each	1 medium		Short box stays on carriage, R foot on platform
Forearm (or hands) Plank Hold	30 sec.			Hands or forearms on box, feet on platform
Complete Side 2 - Kneeling Side Split/Open & Close				R knee on carriage, L foot on platform
Upper Body -Standing Hammer Curls -Seated Overhead Tricep Press	10 hammer curls 8 tricep press	2 medium	*use heavier dumbbells on the tricep press	Same set-up with box *use heavier dumbbells on the tricep press
REPEAT -Hammer Curl -Tricep Press	10 and 8			
Feet in Straps -Open & Close -Big Circles -Stretches - Straddle & Hamstrings, Figure 4	5 open/close 3 circles each way	1 heavy & 1 medium		Feet in long straps