

Ball Connect (Ball, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Side Lying Footwork -Add Bottom Knee Tucks -Add Inner Thigh Lifts	30 sec. each	1 heavy, 1 medium, 1 light	Ball	Ball underneath R ear, lying on R side, L foot flat on bar, R leg straight underneath bar/hovering, holding shoulder rest
Side Kneeling Plank Lifts -Add Top Leg Extension	1 min.			R knee on platform, R forearm on carriage, L hand behind head, top leg bent above bar
1 Leg Bridge - Roll Ball -Leg Pull - Pass Ball	30 sec. each			L heel on ball, R leg to ceiling/R hand rolling ball on R leg as hips lift
1 Leg Bridge - Roll Ball (Side 2) -Leg Pull - Pass Ball (Side 2)	30 sec. each			R heel on ball, L leg to ceiling
Side 2 - Side Lying Footwork/ Knee Tucks/Inner Thigh Lifts	Reps listed above			R foot on bar, L ear on ball
Side 2 - Kneeling Plank Lifts/ Top Leg Extensions	Reps listed above			L forearm on carriage, L knee/side of leg on platform
Hands in Straps -Press Arms - 3 Counts Down & 3 Counts Up Press with Curl -Hold Curl - Reach/Tap -Alt. Curl Up/Extend Legs Over & Under Bar -T Arms - Alt. Knee Sway/ Squeeze Arms to Sides	30 sec. each			Small straps in hands, ball between knees
Side Kneeling Arms -Hip Thrust - Y Press (1 Hand Ball/1 Hand Strap) -Overhead Press - Pass Ball -Contract Forward - Push to Reach Arms Forward -1 Arm Side Bend - Squeeze & Roll Ball Down the Leg	30 sec. each	1 medium	Ball	Facing R side/kneeling on carriage, R hand in short strap, ball in L hand, elbows narrow, palms upward, long strap for 2nd arm exercise

Exercise	Reps	Springs	Props	Direction
1/2 Kneeling Front -Alt. 1 Arm Serving with Ball & Strap	30 sec.			R shin/calf between shoulder rests/on headrest, L foot flat on carriage in front of you, R hand in long strap, ball in L hand, palms upward
Plank -Up Stretch Variation (Knees Bend to Come In) -Reverse Up Stretch Variation (Knees Bend to Press)	30 sec. each direction			Hands on bar, ball on platform, toes on carriage/heels lifted
Side Kneeling Arms (Side 2)	Reps listed above			Switch hand positions, 1 ball/1 strap
Front 1/2 Kneeling Arms (Side 2)	Reps listed above			1 leg forward on carriage/1 knee down
(Facing Risers - on Box) -Front Box Lunge - Pass Ball Underneath Legs -Hold - Pass Ball Behind Back -Hold - Pulse Down/Pulse Ball -Lunge Stretch/Hamstrings/Reach Ball to Ceiling	30 sec. lunge 15 sec. hold 10 pulses down 3 stretches	1 light or 1 medium	Ball, box	Bar completely down, feet on platform, short box in front of shoulder rests, L foot on box, R foot on platform
Side Forearm Plank -Kick Top Leg (Tap Ball) -Bottom Leg Tap/Reach	20 sec. each			R forearm on box, ball in L hand, R foot on platform, hips facing sideways, L leg kicking or leg hovering
Reverse Plank (Straps on Legs) -Alt. 1 Knee to Chest -Teaser Tucks (Knees to Chest) -Leg Lowers (Straight Legs)	20 sec. each			Short straps above knees, hands on carriage behind you, sitting facing risers, 1 foot on headrest
Front Box Lunge Section (Side 2) & Side Forearm Plank Section (Side 2)	Reps listed above			R foot on box to start
Stretches -Pigeon Stretch (R & L) -Thread the Needle	30 sec. each side 3 threads on each side			Bar up, R leg in a pigeon on carriage, L leg behind, hands on carriage