

Elizel's Magic Burn (Booty Band, Ball, Box)

Flow

| Exercise | Reps | Springs | Props | Direction |
|---|---|-----------------------|-----------|---|
| Abdominals -Seated Curls (Legs Over Bar) -Twist -Cross Pulses (Reach Across) -Reach & Twist -Circles (Arms Crossed) (Roll Down to Transition) | 30 sec. center 6 twists 20 reaches -8-10 twists each side 5 circles each way | 1 medium & 1 light | | High bar setting, ball behind lower back, legs draped over bar |
| C-curve (Ball - Elbow to Thigh) -Knee Tuck/Pulses Complete Side 2 | 6-8 10 pulses | | | L elbow pushes ball into L thigh, extending R leg, hands behind head |
| Hands in Straps -Press Down -Hold Curl - Hip Circles (R Leg) -Hold Curl - Hip Circles (L Leg) -Press Down/Tuck Knees -Hold Curl - Scissor Kicks -Hold Arms Up - Leg Lowerers | 30 sec. presses 20 circles each leg each way -30 sec. scissors -leg lowers | | | Hands in short straps, table top legs to start |
| Forearm Plank (Ball/Box) -1 Knee Pushes into Ball -Lift Hips/Roll Ball -Cross Over/Push Across -Pikes | 10 lifts 6-8 cross over 3 pikes | | Box, ball | Lower the bar down one setting, short box in front of shoulder rests, L foot against platform, forearms on box, R knee pushing against ball/ box |
| Complete Side 2 | Reps listed above | | | L knee pushes into ball/box |
| Center Plank -Slides -Pikes | 8 each | | | Hands on box, Pilates V on platform |
| Side Bend -Regular -Switch Ball in Hand/Tap Floor -Rotating to Foot Bar | 10 each | | Ball | R foot in front strap, L leg bent on box/weight on L hip, ball in top hand/reaching to ceiling, ball goes into top hand on rotations |

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| Side Bend (Side 2) -Regular -Switch Ball in Hand/Tap Floor -Rotating to Foot Bar | 10 each | | | Flip around, L foot in front strap, R leg bent on box |
| 1 Foot in Front Strap - Abs -Tap Across Ball to Toes -Bent Knee - Twist Away -Ball Attached to Knee - Rock -Can Can Kicks (Hold Ball Still -Pulses | 5 reps each position | | | R foot in front strap, scoot back on box, ball in R hand, L leg straight/tap ball & arm |
| Complete Side 2 (1 Foot in Strap) Abdominal Work Section | 5 reps each position | | | |
| Side Car - Standing Section -Lunges (Band) with Flat Back -Scooters -Pulses -Slide Back & Forth | 30 sec. each | 1 light | Loop Band | Side car position on L side on floor, L foot on box/in line with front corner edge of carriage, R foot against shoulder rest, band above knees |
| Side Facing -Squat - Side Carriage Press -Hold Squat - Band Presses | 30 sec. each | | | Face the side, feet stay on box and carriage, stay bent in box leg |
| 4 Pt. Kneeling on Box/1 Leg Back in Plank (Bar) -1 Arm Shoulder Press -Floating Plank with 1 Arm Shoulder Press -Knee to Elbow/Shoulder Press | 5-10 each | | No band | Foot bar on low shelf, move box backward/middle of it is in line with shoulder rests, 4 pt. kneeling facing risers, L foot on foot bar, L hand on shoulder rest, L leg straight, no loop band |
| Start with Standing Lunge Section on Side 2 & complete entire flow, ending with 4 Pt. Kneeling Section | Reps listed above | | | |
| Feet in Straps -Circles -Frogs -Short Spine | 5 circles each way 10 frogs 5 short spine | 1 medium & 1 light | | Feet in long straps |