

Elizel's Variety Show (Loop Band, Box, Ball, 3lbs. Dumbbells)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Warm-up Core Work -Legs Over Bar - Pulses -Pulse L Side (Arms Stacked) -Twists to L Side (Shaving) -Hold Twist - Saw 1 Elbow Complete R Side -Around the World -Ball Against L Knee/R Elbow -Hold Curl - Tuck R Leg -Pulses on ball -Complete Side 2 (with ball)	1 min. 10 pulses 10 twists 6 around the world each side (Hold ball) 6 knee tucks with ball 8 pulses	All springs	Ball, Dumbbells	Bar at highest level, ball at lower back, legs draped over bar, dumbbells in both hands/palms to ceiling
Footwork (with band & weights) -Pilates V - Chest Press/Pulses -Hold Halfway - Butterfly Pulse -Parallel/Arches - Parallel Chest Press/Pulse the Band -Parallel/Heels - Pec Fly -Hold Halfway - Just Pec Fly -Hold Arms - Pulse Carriage -Pulse the Band -Hold Legs Straight - Skull Crusher	1 min. full 10 pulses 30 sec. butterfly pulses 1 min. full 10 pec fly 10 pulses with carriage 30 sec. skull crusher		Band	Band above knees, dumbbells in both hands, start with wide elbows
Glute Bridge (Band) -Pulses -Hamstring Curl -Pulses -100's -1 Leg Bridge -1 Leg Hamstring Curl -Complete Side 2	1 min. 10 pulses 30 sec. curls Full set 100's 10 bridge 10 curls	1 medium, 1 light		Keep band above knees, heels/arches on bar to start 1 arch on bar/1 leg to ceiling for single leg bridge section, keep band above knees
Side Kneeling -Bicep Curl (1 Strap/1 Dumbbell)/Pulses -Hug a Tree (Switch Weight from Hand to Hand)	30 sec. each 10 hug a tree	1 light	1 dumbbell	Kneel on carriage/close to springs, face the side, L hand in short strap, dumbbell in R hand

Exercise	Reps	Springs	Props	Direction
4 Pt. Kneeling (Side) -Reverse Fly Pull 4 Pt. Kneeling (Back) -Quick Tricep Press (Dumbbell) -Straight Arm Pull/Pulses -Circles -Mini Presses Complete Side 2 -4 Pt. Kneeling Back & Side Section/Bicep Curl	10 fly 20 tricep press 10 pull 10 pulses 8 circles each way 10 mini presses			R hand holds short strap & dumbbell, hands & knees on carriage facing the side
Twisted Plank -Tucks -R Knee to Elbow - Taps Complete Side 2	8 each	1 light	Box	Box in front of shoulder blocks/short box position, hands on bar, R foot over L foot on carriage/in front of bar
Side Bend Set-up (Box & Weight) -Hold Bend - Twists (Switch Weight Between Hands) -Side Bend Complete Side 2	10 each	2 medium, 1 light	1 dumbbell	Box over shoulder blocks, hook R foot in front strap, L leg bent on box, hips stacked facing L side, hands behind head, dumbbell switches between hands
Side Lying Footwork (Band) (Parallel Leg) -Pulses -Open Top Knee (Clam) -Halfway In - Heel Lifts -Pulse Bar Leg (Turned Out Leg - Heel) -Pulses -Pulses with Top Knee Complete Side 2	10 each	1 medium, 1 light	Band	Lying on L side, L forearm on headrest, band above knees, R foot/top foot on bar
Feet in Straps -Legs Straight - Pulses on Ball -Bend & Stretch Legs -Turn In/Turn Out -Lowers/Lifts (Parallel) -Frog/Hamstring Stretch	30 sec. each	1 medium, 1 light	Ball	Ball between ankles, long straps on feet