

## Foundations Flow & Go with Ben (Box)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Glute Bridge</b> -Pulses -Hamstring Curl	1 min. 10 pulses 2-3 curls	2 heavy		Heels on bar/hips distance wide, arms down
<b>Feet in Straps (Slow)</b> -Lowers/Lifts -Circles -Frogs	30 sec. each			Slow and controlled movement
<b>Hands in Straps</b> -Hold Arms - Alt. 1 Leg Stretch -Arms Press - Legs in Table Top -Arms Press - Add Roll Up -Hold Roll Up - 2 Leg Stretch -Hundreds	30 sec. each variation			Hands in short straps, starting with legs in table top
<b>Stomach Massage</b> -Full Open & Close -Calf Raise	30 sec. each			Pilates V on bar, scoot forward/hold front edge of carriage
<b>Sitting Facing the Bar</b> -Rowing Front / Hold Stretch -Serving Front -Hug a Tree	1 min. rowing 10 sec. hold	1 heavy		Hold short straps in both hands, sit against shoulder rests, legs long in front of you
<b>Kneeling External Rotation</b>	30 sec.	1 medium		L hand in short strap, kneeling facing side, R hand on the hip, elbow narrow
<b>Mermaid Stretch</b>	3			R shin against shoulder rest, both hands on bar
<b>Complete Kneeling External Rotation &amp; Mermaid Stretch on Side 2</b>	30 sec. external rotation 3 mermaid stretches			R hand in short strap for external rotation L shin against shoulder rest for mermaid stretch
<b>Wheel Barrow</b> -Jack Rabbit / Hold	30 sec. each 10 sec. hold			Hands on bar, knees on carriage

Exercise	Reps	Springs	Props	Direction
<b>Side Lying Foot in Strap</b> -Bend & Stretch -Front & Back Sweep	30 sec. each		Box	Long box on carriage, L long strap on foot
<b>Prone</b> -Breaststroke - Overhead Press -Hold - Swim	30 sec. 15 sec. swimming			Lying on stomach, hands in short straps, wide elbows/ palms down, legs long
<b>Side Lying Foot in Strap (Side 2)</b> -Bend & Stretch -Front & Back Sweep	30 sec. each			R foot in long strap
<b>Side Splits</b>	1 min.			Short box in front of shoulder rests, L foot on platform, R foot against shoulder rests
<b>Box Plank</b> -Slides	30 sec.			Feet on platform, hands on box
<b>Side Splits (Side 2)</b>	1 min.			
<b>Roll Down (Standing on Floor) to Stretch</b>	10 sec.			R foot on platform, L foot on carriage