

## Pump My Ride (Circle, 1 Heavy/1 Medium Dumbbell, Box)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Single Arm Strap Work</b> <b>(Circle between knees)</b> -Press Down -Tricep Press <b>(Place circle on L arch of foot)</b> -Press Down/Hamstring <b>Stretch with Circle</b> -Hold Curl Up/Stretch -Kick Bottom Leg	1 min. press 30 sec. tricep press  1 min. with hamstring stretch 30 sec. kicks	1 medium & 1 light	Circle	Bar starts down, R hand in long straps, circle between knees/legs in table top, arm straight  Circle in L arch/hold with L hand, R hand still in long strap, R leg bend & stretch
<b>Single Leg Bridge</b> <b>(Circle underneath arch)</b> -Pulse Circle -Single Leg Hamstring Curl <b>(Circle on L arch - leg straight)</b>	1 min. bridge 10 pulses on circle 30 sec. hamstring curl			R foot on platform, L arch pushing on circle/into platform, arms to ceiling  Circle on L arch for hamstring curl/hold with L hand
<b>Complete Everything on Side 2</b> -Single Arm Strap Work -Single Leg Bridge/Hamstring Curl with Circle	Reps listed above			Start with L hand in long strap & circle between knees
<b>4 Pt. Kneeling Single Leg Press</b> -Semi-Circle Arm -Front Sweep	20 sec. each variation		1 light dumbbell	Dumbbell in L hand, bar up, L knee centered on carriage/ body facing risers, R hand on carriage
<b>Oh My Quad! with Bicep Curl</b> -Add Front Raise -Pulse Back Leg (weight at chest)	1 min. total 10 pulses			R foot against shoulder rest, L foot on floor, both hands on dumbbell/elbows narrow
<b>Complete Everything on Side 2</b> -4 Pt. Kneeling Single Leg Press with Arms -Oh My Quad/Curl/Pulses	Reps listed above			R side of machine, L foot against shoulder rest

Exercise	Reps	Springs	Props	Direction
<b>Standing Section on Carriage</b> <b>-Lunge/Deadlift/1 Arm Row</b> <b>-Bulgarian Split Squat/Curl</b> <b>-Hold Squat - Twist to L</b> <b>-Side Squat/Front Raise</b>	1 min. 30 sec. split squat 20 sec. twists 1 min. side lunge	1 light	Box	Bar down, long box on, stand on platform with R foot on top of the box, R hand behind back, dumbbell in L hand Side lunge - weight in platform leg/face the side, box leg stays straight
<b>Short Box Series</b> <b>-Round Spine (Arms Straight)</b> <b>-1 Leg - Knee to Chest (R Leg)</b> <b>-1 Leg - Knee to Chest (L Leg)</b>	1 min. center 20 sec. each side		Light or medium dumbbell	Feet in front strap, arms reaching in front of you/ holding dumbbell
<b>Complete Everything on Side 2</b> <b>-Standing Section on Carriage</b>	Reps listed above			Dumbbell in R hand, R foot on platform to start
<b>Kneeling Arabesque Sweep/ 1 Arm Dumbbell Row)</b> <b>-Hold Arabesque - Just Row</b> <b>-Arm Down - Small Leg Circles</b>	1 min. sweep/row 30 sec. row 10 sec. circles	1 light	Light dumbbell, box	Facing the risers, L foot in long strap, R knee on back L corner of box, hands on box
<b>Standing Grande Plie Hold</b> <b>-Rotation Toward Bar</b> <b>-Alt. Squat with Overhead Press/Side Reach with Strap</b>	30 sec. each			Facing box/wide knees & toes, L hand in long or short strap/wide elbows, holding dumbbell in both hands
<b>Complete Everything on Side 2</b> <b>-Kneeling Arabesque Sweep &amp; Row Section</b> <b>-Standing Squat/Rotation/ Press &amp; Side Bend</b>	Reps listed above			Start with R foot in strap, L knee on box
<b>Standing Cat/Cow Stretch</b>	3			Hands on box, feet on floor in front of bar
<b>Seated Figure 4 Stretch</b>	20 sec. each side			Sit on box/face the bar