

## Wanna Dance with Somebody (Box, Ball)

### Flow

| Exercise   | Reps  | Springs                       | Props | Direction   |
|--|---|-------------------------------|-------|---|
| <b>Hands in Straps<br/>(Legs Staggered with Ball)</b><br>-Curl Up/Down<br>-Curl Up - Switch Across<br>-Curl Up - 3 Squeezes<br>-Curl Up - Switch Across<br>-Rollover | 30 sec.<br>each<br>variation  | 1 heavy, 1 light,<br>1 medium | Ball  | Ball between R calf & L shin,<br>hands in short straps  |
| <b>Abdominals</b><br>-Curl-up Pilates V Bend/Stretch<br>-Hip Circles in Curl-up<br>-Bend/Stretch with Knee Tuck<br>-Jump<br>-Jump with Kicks<br>-Complete Side 2     | 5 bend/<br>stretch<br>center<br>10 hip<br>circles<br>30 sec.<br>jumps/kicks | 1 medium &<br>1 light         |       | Toes on bar, ball underneath<br>shoulder blades, hands<br>behind head,<br>L foot on bar to start, hands<br>behind head, R leg over bar  |
| <b>Side 4 Pt. Kneeling Hover Plank</b><br>-Press Carriage Leg<br>-Press Carriage/Pike Hips<br>-Press Carriage/Rotate &<br>Reach Inside Arm/Pike Hips                 | 30 sec.<br>variation  | 1 light                       | Box   | Bar completely down, long<br>box on floor/side car position<br>on R side/ in line with front of<br>platform/put space between<br>machine and box, hands on<br>box, L foot on box, R foot on<br>carriage, knees hovering |
| <b>Standing - 1 Strap on Foot</b><br>-Arabesque Sweep<br>-Semi Circles   | 6 each  |                               |       | Move box to L side of<br>machine, stand facing the<br>risers, hands on shoulder<br>rests, L foot in long strap, R<br>toes on edge of carriage/heel<br>hovering off the front edge                                       |
| <b>Side Kneeling - Foot in Strap</b><br>-Bend & Stretch with Hip Thrust<br>-Pulses   | 30 sec.<br>bend/<br>stretch<br>10 pulses                                    |                               |       | R hand on headrest, L hand<br>behind head, L foot still in<br>long strap, R hip starts on<br>carriage with legs bent and<br>stacked   |
| <b>Side Seated - 1 Foot in Strap</b><br>-Seated Abductor Pull  | 10  |                               |       | Sit facing the side, R heel on<br>carriage/leg bent, hands on<br>carriage, L leg long with foot<br>in long strap  |

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|---|---|--------------------|-------|--|
| <b>Complete Side 2</b><br>-Side Kneeling Hover Plank<br>Carriage Press/Pike Variation<br>-Standing Arabesque/Circles<br>-Side Kneeling Bend/Stretch/<br>Hip Thrust & Pulses<br>-Seated Abductor Pulls | Reps listed above   |                    |       | Box on L side on floor   |
| <b>Forearm Plank</b><br>-Press Out/Pull In<br>-Press Out/Kick Inside Leg/<br>Pike/Pull in<br>-Press Out/Kick/Pike - 5 Reps  | 3 out/in<br>3 with kick<br>5 staying out with kick              | 1 medium           |       | Bar to top shelf, short box in front of shoulder rests, forearms on box/facing risers, L foot on bar       |
| <b>Side Reverse Curl - 1 Strap</b><br>-Curl with Inner Thigh Pull<br>-Curl/Straddle Pull<br>-Criss Cross - L Leg Straight/R Leg Stays Bent/Pulses   | 6 curls/pulls<br>6 straddle curls<br>6 criss cross<br>10 pulses |                    |       | Lying on box facing the side, short strap above R knee, hands behind head/c-curve position, frog with legs |
| <b>Prone</b><br>-2 Arms Alt. Swan/5 Beats<br>-Alt. 1 Arm Swan/5 Beats   | 30 sec.   |                    |       | Long box on carriage   |
| <b>Complete Side 2</b><br>-Forearm Plank Box Sequence<br>-Side Reverse Curl - 1 Strap Sequence on box   | Reps listed above   |                    |       | Short box on carriage, start with R foot on bar/forearm plank  |
| <b>Elephant</b>   | 30 sec.   | 1 medium & 1 light |       | Hands on bar, flat feet on carriage/in front of box  |
| <b>Seated Stretches on Box</b><br>-IT Band/Hamstring Stretch (Opposite hand to foot)  | 20 sec. each  |                    |       | L foot in front strap, R leg bent into chest, opposite hand on outside of R foot, R hand on box            |