

Hope's Summer Reset (Box, Ball)

Opening Flow

Exercise	Reps	Springs	Props	Direction
Opposite Strap to Foot Stretch -Cross Over -Open to Side -Figure 4 Stretch <i>Complete Side 2</i>	15 sec. each position	1 medium	Ball	Start with L short strap on R foot
Footwork -Pilates V -Internal Rotation -Wide/Heels - 3 Counts Out/In -Hold Halfway - Alt. Kicks	30 sec. full presses 10 pulses Wide/heels - 3 counts out & in / 5 reps 20 sec. kick	All springs		
Assisted Roll Up (Legs Hooked)	30 sec.			Legs hooked over bar, arms reaching up
Abdominal Leg Lowers/Lifts	10 each 20 hip lifts			Ball between calves, long straps on feet, hands behind head/c-curve

Main Flow

Exercise	Reps	Springs	Props	Direction
Kneeling on Box -Cat/Cow -Down Stretch/Wheel Barrow On Stomach -Swan -Hold Lift - Alt. 1 Arm Hold -Swimming	20 sec. cat/ cow 30 sec. wheel barrow 30 sec. swan 5 sec. 1 arm swan holds 30 sec. swimming	1 light	Box	Bar at low shelf, long box position on carriage, kneeling on all 4's on top of box

Exercise	Reps	Springs	Props	Direction
Side Lying on Box -1 Arm Shoulder Press -Bicep Curl (c-curve)	10 each			L forearm closest to front edge of carriage/edge of box, R hand in long or short strap, R leg lifted, L hip on box/leg bent, palm faces floor on presses
Side Lying on Box (Part II) -1 Leg Sweep -Bend & Stretch	10 each	1 medium		R forearm on headrest, L foot in short strap,
Stretches on Top of Box -Figure 4 -Modified Climb a Tree with Bar	20 sec. each stretch			
<i>Complete Side 2</i> -Side Lying Section I & II -Stretches/Climb a Tree/Bar	Reps listed above	1 light for part I 1 medium for part II		Start on R forearm/L hand in long or short strap/head toward bar
Forearm Kneeling Plank (Box) -Down Stretch/Wheel Barrow -Kneeling Pikes	30 sec. each	1 light	Box	Bar completely down, short box on the rails, foot bar can be seen in front of box, carriage move independently
Forearm Full Plank (Box) -Pikes -Hold Side Forearm Tandem Plank -Pikes -Thread the Needle	30 sec. center 8 side			Knees lifted, for side pikes - twist hips/knees/toes to R side, L forearm center/R hand on box
Lunge Position -Carriage Presses -Full Lunges (Hamstring Pulls) Plank Position -Pikes Combo -Lunge/Plank/Pike/Push-up	10 each 3 pikes 30 sec. combo			L foot on box, R foot on box, hands on or off box
<i>Complete Lunge/Combo. Section on Side 2</i>				
<i>Light Elephant/Stretch</i>				
Bridge Sequence -Hips Distance -Wide/Parallel -Feet Together/Parallel	8 up/down 8 slides Each position	1 light		Feet centered, toes try to stay down on the box the entire time to find hamstrings

Exercise	Reps	Springs	Props	Direction
Complete Side Forearm Tandem Plank/Pikes/Thread the Needle on Side 2				R forearm on box, L hand on box, feet on carriage/facing L side
Stretches -1/2 Lunge - Side Bend -Lunge -Hamstrings Complete Side 2	20 sec. each	1 medium		Start on L side of machine, R knee down on the carriage, L foot on floor, hold bar