

## Mix & Match Reformer (Dumbbell of Choice, Box, Magic Circle)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Side Kneeling Position</b> -Leg Press -Leg Lift	30 sec. each	1 medium & 1 heavy	Box	Short box in front of shoulder rests, L knee against box and carriage, facing sideways, R foot flat on box, hands on box, long spine, can place L forearm on box
<b>Side Sit-up (Circle Press)</b> -Side Curl (Straight Arms) -Halfway Hold - Twists	30 sec. 5 with straight arms 25 sec. twists		Circle	Circle on headrest/R hand presses into circle, L hand behind head
<b>Side Lying Position</b> -Leg Swing	20 sec.			L hand on headrest, R hand pushing into circle/headrest, R leg above the bar
<b>Short Box Series (Circle)</b> -Round -1 Leg Table Top - Twists -1 Leg Teaser - Pulses -Complete Side 2	30 sec. center rounded 10 twists 10 single leg pulses			Facing the foot bar, toes in front strap, hold circle/reach forward/straight arms
<b>Start with Side Kneeling Leg Press/Leg Lift on Side 2 &amp; complete everything, ending with Side Lying Leg Swing</b>	Reps listed above			L foot on bar, R forearm on bar for leg press
<b>Mermaid Position (Box)</b> -Goal Post Arms - Open/Close -Up/Down -1 Strap - Alt. Overhead Press/ 2 Leg Lifts	30 sec. each	1 medium	Ball, 1 dumbbell of choice	Keep box at short box position, R leg bent on box, short strap above L elbow, wide elbows, dumbbell in R hand, inside hand grabs strap for overhead press
<b>Back Extensions (Ball Pass)</b> -Child's Pose	30 sec. each			Back of ankles against corners of bar, hips on box, ball pressing into headrest
<b>Complete Mermaid Arms &amp; Overhead Press/Leg Lift on Side 2</b>	Reps listed above			R arm threads through the strap to start

Exercise	Reps	Springs	Props	Direction
<b>Floor Lunges (Ball/Calf)</b> <b>-Hold</b> <b>-Heel Lifts</b>	30 sec. lunge 20 sec. hold with heel lifts	1 light		Ball against rail/L foot on floor/left side/calf against ball, R foot against shoulder rest
<b>Standing on Carriage</b> <b>-Carriage Press Back (Ball)</b> <b>-Plank - Knee Tucks (Ball Squeezed Behind Knee)</b> <b>-Combo - Pike/Knee Across &amp; Open (Ball Stays Behind Knee)</b>	30 sec. Each			L foot on platform, R toes on carriage, ball between L calf & bar Plank - Hands on bar, ball behind L knee/bent leg
<b>Work Backwards - Start with Standing Sequence on Side 2, ending with Floor Lunges</b>	Reps listed above			
<b>Feet in Straps (Circle)</b> <b>-Lowers/Lifts</b> <b>-Bend/Stretch</b> <b>-Long Spine</b> <b>-Hip Lifts</b> <b>-Short Spine</b> <b>-Straddle Stretch</b>	30 sec. each	1 heavy, 1 light, 1 medium	Circle	Long straps on feet, circle between ankles