

## Nat's Super Strength (Light, Medium, and Heavy Dumbbells, Box)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Seated Stretches</b> <b>-Shoulder Rolls</b> <b>-Side Bends</b> <b>-Contractions/Extensions</b> <b>Short Box Series (Dumbbells)</b> <b>-Rounded</b> <b>-Rounded/Shoulder Press</b> <b>-Hold Roll Back - Shoulder Press Only</b> <b>-Side Bend (Dumbbell @ Chest)</b> <b>-Twists</b> <b>-Reach T Arms (Separated) (No Dumbbells)</b> <b>-Hold - Tap Arms</b> <b>Complete Side 2</b>	3-4 each on stretches  Short box -30 sec. each 15 sec. hold with shoulder press 30 sec. side bend/15 sec. twists 4 Isolated reaches 6 Taps	Light & Medium	Box, medium dumbbells	Short box in front of shoulder rests, sit on box facing bar  Feet in front strap for short box series  Side Bend - R foot in strap, L leg bent/hips squared/dumbbell at chest
<b>Floor Section I</b> <b>-Goblet Squat (Elevated Heels)</b> <b>-Weighted Reverse Lunge (Elevated Front Heel) - R Leg</b> <b>-Weighted Reverse Lunge (Elevated Front Heel) - L Leg</b> <b>REPEAT</b>	10 each 6 lunges on each side		Heavy dumbbells	Take platform extender off to use on floor to elevate feet/ place on floor on L side, heels raised on platform extender, parallel legs  2 dumbbells for reverse lunge, front heel elevated
<b>1/2 Kneeling (Box) Arms (L Arm Dumbbell/R Arm Strap)</b> <b>-Serving/Shoulder Press</b> <b>-Bicep Curl/Hammer Curl</b> <b>-Transfer Forward to Bar/ Arabesque Leg Lift - Pulses</b> <b>Complete Side 2</b>	10 each 3 transfers to the arabesque 10 pulses	1 medium	1 light dumbbell, box	Same box set up, R knee on box, L foot on carriage/facing foot bar, dumbbell in L hand, R hand in long strap, elbows narrow, R palm up
<b>Floor Section II</b> <b>-Push Press (1 Arm - Right)</b> <b>-Push Press (1 Arm - Left)</b> <b>-Lateral Raise</b> <b>REPEAT</b>	10 each		Medium or heavy dumbbell	

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<b>Side Car Section</b> <b>-Goblet Split Squat</b> <b>-Stay in Squat - Press Carriage</b> <b>-Side Lunge/Hinge - Pulses</b>	5 split squats 5 presses 10 side lunges/ pulses	1 medium or 1 light	Box, 1 medium dumbbell	Long box next to carriage on the floor, facing the back, R foot on box, L foot against shoulder rest/carriage, dumbbell at chest  Long arm on hinge/lunge
<b>Long Box on Carriage</b> <b>-Backstroke</b> <b>-Beats - Lift/Lower Legs</b>	5 backstroke 20 sec. beats/up & down legs	1 medium		Long box on carriage, sit on box facing risers, hands in short straps, lying on back, c-curve
<b>Complete Side 2</b> <b>-Side Car Section</b>	Reps listed above			L foot on box for goblet split squat sequence to start
<b>Floor Section III</b> <b>-Weighted Sumo Deadlift/ Pulses (Straight Arms)</b> <b>-Floor - Frog Bridge/Pulses REPEAT</b>	10 each		1 Heavy dumbbell	Externally rotated legs  Frogs - dumbbell at hips, heels together for bridge
<b>Kneeling Plank</b> <b>-Alt. Wheel Barrow/Push-up</b> <b>-Just Push-ups</b>	30 sec. 6 push-ups alone	1 medium or 1 light		Bar down, hands on platform, kneeling on carriage, elbows narrow on push-up
<b>2 Pt. Kneeling (Dumbbell to Ceiling)</b> <b>-Kneeling Side Bend</b>  <b>Complete Side 2</b>	6 each side		Light or medium dumbbell	Platform extender on floor, L knee on platform, R foot on floor, dumbbell in R hand, elbow narrow
<b>Ending Stretches</b> <b>-Hamstrings</b> <b>-Figure 4</b>	20 sec. each stretch  Both sides	1 medium		1 leg heavy on bar, 1 leg straight toward face