

No Fuss Flow (No Props)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork -Heels/Parallel -Full Press -Pulses -Marches -1 Leg Press/Pulses -1 Leg Press/Pulses (Side 2) -Toes/Parallel -Full Press/Calf Raise/Close -Prancing	1 min. full 10 pulses 20 sec. marching 6 single leg presses 10 pulses 20 sec. prancing	3 heavy springs		Heels on bar to start
Bridges -Heels/Parallel -1 Leg with Dip (R Leg Hooked) -Kicks (Stay Lifted) -Straight Leg Open & Close Side 2	6 up/down 6 dips 6 kicks 6 open/ close	1 medium & 1 heavy		Heels on bar, arms up or down
Feet in Straps -Lowers/Lifts -Long Spine -High Frog	20 sec. lowers/lifts 6 long spine			Feet in long straps
Plank Position -Long Stretch	45 sec.	1 medium & 1 light		Hands on bar, feet against shoulder rests
Side Tandem Plank -Pikes (2 Arms) 1 Arm Side Tandem Plank -Thread the Needle Complete Side 2	5 each			First side - feet/hips face R side
4 Pt. Kneeling (Facing Backward) -Straight Leg Sweep -Small Circles (Each Way) -Bend & Stretch -Small Lower & Lift	10 each	1 medium		All 4's facing risers, hands on carriage, R knee on carriage, L foot in long strap
Captain Morgan - Hand in Strap -Draw a Sword -Torso Twist with Heel Lift	10 each			R foot on shoulder rest, L hand in long strap Hold R hand in short strap, L hand over R hand, elbows stay wide

Exercise	Reps	Springs	Props	Direction
Back 1/2 Kneeling Arms -Chest Expansion -Bow and Arrow (Optional Hover with Back Knee)	10 each			R foot stays on headrest, L toes tucked on front of carriage, hold D ring R hand holds D ring, L hand wraps around back/waist
<i>Work Backward - Start with Back 1/2 Kneeling Arms on Side 2 & complete flow, ending with 4 Pt. Kneeling Section</i>	Reps listed above			Switch foot on headrest
Ice Breaker Plank -Hover - Just the Arms Slide	30 sec. ice breaker 15 sec. arms	1 heavy & 1 light		Forearms on carriage, holding shoulder rests, feet on platform
Puppy Pose Stretch Child's Pose	20 sec. each	1 medium		Hands on bar, knees on carriage, chest to floor