

Power Push Through (Tower, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Kneeling Cat/Cow -Sways	30 sec.	2 mediums on push through bar, long/heavy leg springs, highest hook		Start kneeling facing bar, hold push through bar
Alt. Kneeling Lunge & Hamstring Stretch (x2) -Hold -Cross Over/Sit Back Complete Side 2	5-10 sec. each			R foot forward for lunge/ hamstring stretch
Standing Footwork Section (Hips Distance) -Squats -Hold - Alt. Heel Lifts -Hold - Double Heel Lifts -Pulses (Heels Stay Lifted) -Hamstring Stretch/Prancing) (Legs Together) -Squats -Hold - Alt. Heel Lifts -Hold - Double Heel Lifts -Pulses (Heels Stay Lifted) -Stretch (Pilates V) -Squats (Heels Lifted) -Hold - Pulses (Heels Lifted) -Stretch (Parallel/Hips Distance) -Squat/Alt. Rainbow Arm -Alt. Port De Bras/Fold Over (x6 - 3 each way)	30 sec. each			Feet a little wider than hip width, holding bar/arms straight
Standing - Foot in Strap -Arabesque Sweep (in Plie) -Hold Leg - Bend & Stretch -Single Leg Squat (Hold Bar & L Hand Behind Head) -Alt. Pistol Squat/Push Through -1 Handed Pistol Squat (x5) Complete Side 2	30 sec. each			L foot in strap, hands on bar/ arms straight, R leg slightly bent the entire time

Exercise	Reps	Springs	Props	Direction
Seated -Roll Up (Bar) -1 Leg Teaser (Side 1) -1 Leg Teaser (Side 2) -Full Teaser -Hold Teaser - Bend/Stretch Arms Only -Hold Teaser - Lower/Lift Legs -Hold Teaser - Combo - Lower/Lift Legs & Bend/Stretch Arms (Same Time) -Small Curls (Arms Straight) -1 Leg Straight/Hover - Hold Curl - Pulses -1 Leg Straight/Hover - Hold Curl - Pulses (Side 2) -Final Teaser/No Hands	5 roll ups each position 10 lower/lift 10 bend/stretch 10 combos 20 sec. Curls 10 pulse/curls each side	Take off 1 medium spring from push through bar		Lying on back/head at side of push through bar, feet flat on mat/legs bent, hands on bar
Seated (Part II) -1 Hand/Side Teaser - Roll to Side Banana Complete Side 2	5 each side			Sit at an angle, R hand in center
Seated on Box -Narrow Row/Curl -Sitting Tall - Alt. 1 Arm Rows -Combo - Stand Up/Lat Press/Sit/Wide Row -Alt. Wide Row/Roll Back/Up	20 sec. each	No springs on push through bar, fix with safety strap - hook to top, short yellow springs halfway down	Box	Short box closer to the front edge, sit on box/facing tower, hold both springs, elbows narrow
Side Kneeling -Rotations -Rotate/Reach Over Box -Pull Across Body (Opposite Hand to Strap)	20 sec. each			R foot flat/L knee down, R hand in strap, L forearm goes to box
Forearm Plank (Center on Box) -Alt. Knee to Box Full Plank (Hands) -Alt. Swing Leg to Side of Box -Narrow Push-ups -Complete Side 2 Kneeling Rotations/Side Arm Series	20 sec. each 5 push-us			

Exercise	Reps	Springs	Props	Direction
Pull Ups	8			Lying on back, feet on box/heels into box, hands on each side of safety strap
Side Forearm Plank -Hip Dips (Use Top Bar) -Top Knee to Chest/Kick	15 10 knee in/ out kicks			Feet stacked on box, R forearm on mat, L hand on bar
Repeat Pull Ups	8			
Side Forearm Planks/Hip Dips (Side 2)	Reps listed above			L forearm on mat
Repeat Pull Ups	8			Last set!!!
Magician Section -Hold High - Bend/Stretch -Reverse Abs (Bent Legs) -Magician Hold - Hips Up/Down -Alt. Hip Dips/Magician	10 each	No safety strap, attach longer/lightest spring to widest hooks at top/to roll down bar, push through bar out of the way		Lying on back, roll down bar behind knees to set up, then feet against bar, arms distance from the poles
Roll Down -Arch Variation/Dive	30 sec.			Face the tower, feet against tower, hold bar
Stand Facing Away -Stretch Over (Hold Bar)	3			Face away from bar, drop head heavy