

Power Up Reformer (Heavy & Medium Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork -Heels/Parallel - Chest Press -Hold Halfway - Pulse Arms -Pulse Legs -Toes/Parallel - Narrow Press -Hold Halfway - Alt. Punches -Pulses -Pilates V - Pec Fly -Pulse Legs -Hold Halfway - Just Pec Fly -Wide/Toes - Chest Press -Hold Halfway - R/L/Both Punching Arms -Hold Arms Up - Pulse Legs	30 sec. each full press 15 sec. each on pulses/ punches	2 heavy, 2 medium	Medium dumbbells	Heels on bar/hips distance wide with wide elbows, dumbbells in both hands
Lunge/Deadlift - Reach/Bicep Curl to Stand Up -Lunge Over/Reach to Sky -Lunge - Tricep Extension Swing to Heel Lift -Lunge/Hop with Tricep Extension Swing	30 sec. each 15 lunge/ hops	1 light	Medium dumbbells	R foot on floor/next to machine, dumbbells in both hands, L foot by shoulder rest
Standing in the Well -Shoulder Press -1 Arm Alt. Shoulder Press -Open/Close Arms -REPEAT - sets of 8	12 each & 8 each			Stand in the well/face the bar, hold both dumbbells/wide elbows, slightly bent legs
Complete Standing Lunge Section on Side 2	Reps listed above			
Standing - Holding Box -Side Carriage Press/1 Arm Press to Ceiling -Grande Plie Pulse/Side Bend (Arms Above Head) -Side Bend (Overhead)/Knee to Chest on Lift -Reach Over/Tap Ground/ Deadlift/Reach to Ceiling -Knee Drive/1 Arm Row	30 sec. each	1 medium	Box, 1 single 5 lbs. dumbbell	Box lifted/standing on the long side/R side of machine/ in line with platform



Exercise	Reps	Springs	Props	Direction
Long Box on Carriage -Roll Back/Reach Arms/Scoop Knee to Chest -Arm/Leg Stay Straight	30 sec. each		1 medium dumbbell	Change to long box on carriage, feet on headrest, sit facing the back risers, hands clasped together, in the long straps, feet on headrest
Complete Standing Sequence on Side 2, starting with Side Carriage Press/1 Arm to Ceiling, ending with Knee Drive/1 Arm Row	Reps listed above			Box on L side on floor
Seated Arms/Pistol Squats -Overhead Press -Pistol Squats Complete Side 2	10 each	No springs	Heavy dumbbells	Bar down completely, sit on platform facing risers, dumbbells resting at shoulders for the pistol squat, R heel rests on carriage/leg stays straight, L foot flat in the well/on floor
-Plank - Slides -Side Plank - Tap/Reach Up -Side Plank - Tap/Reach Up (Side 2)	10 each			Dumbbells on carriage, hands in the middle of the carriage
REPEAT Pistol Squat/Arms (Overhead Press at the same time as Pistol Squat happens)	8 each side			Sit on platform again
Ending Standing Stretch -Roll Through to Plank -Side Reach R & L	10 sec. each			Standing in the well