

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
<i>Complete Standing Sequence on Side 2, starting with Side Carriage Press/1 Arm to Ceiling, ending with Knee Drive/1 Arm Row</i>	Reps listed above			Box on L side on floor
Seated Arms/Pistol Squats -Overhead Press -Pistol Squats <i>Complete Side 2</i>	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
<i>REPEAT Pistol Squat/Arms (Overhead Press at the same time as Pistol Squat happens)</i>	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