

Put Your Back Into It (Medium Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Assisted Roll Down -Add Single Leg Roll Down	30 sec. each	1 medium		Facing risers, feet on headrest, hold above D ring on ropes
Curl Up -Single Leg Stretch -Double Leg Stretch	15 sec. each			
Standing on Carriage (Back) -Alt. Lunge/Chest Expansion	30 sec.			Same arm as leg - R foot on headrest, L toes at front edge of carriage, hands in short straps/arms straight
Kneeling Hovering Pulling Straps (T Arms)	30 sec.			Facing the back, cross the straps, hands above short straps, T position, hovering bottom above heels
(Side 2) Alt. Lunge/Chest Expansion	30 sec.			L foot on headrest
1 Foot in Strap Section -1 Leg Lower -Alt. 1 Leg Lower/1 Leg Bridge -1 Leg Bridge -Combo - Hamstring Curl/Leg Pull (Strap) -Bridge Pulses	15 sec. leg lower 30 sec. alt. 30 sec. curl/leg pull 10 pulses	1 medium & 1 light		Bar completely down, short box in between bar and rails, platform extender off, R foot in long strap, hover other leg to start -L foot on box for bridging
1 Hand in Strap Section -Curl Up (Reach Between Legs) -Curl Up - V Split -Curl Up - Parallel Legs Reach	30 sec. each			Feet together, R hand in R short strap
Side Kneeling Leg Press -Press with Side Bend	1 min. 30 sec. with side bend	1 medium		Short box in front of shoulder rests, platform extender on, bar up, L knee against box/carriage, R toes on bar/turned out, hips up/flat, hands behind head
Side Plank (Box) Pike (Thread the Needle)	30 sec.			L forearm on box, feet on bar/tandem, R arm to ceiling

Exercise	Reps	Springs	Props	Direction
(Side 2) -Side Kneeling Leg Press/Leg Press with Side Bend -Side Plank/Thread Needle Pike	Reps listed above			L foot on bar, R knee on carriage for leg press
(Side 2) -1 Foot/1 Strap Section -1 Hand/1 Strap Section	Reps listed above	1 medium & 1 light		L foot in strap to start, box set up on rails to start
Standing on Carriage -Alt. Reverse Lunge/Reverse Fly/Narrow Overhead Press -Lunge Slide/Tricep Kick Back -Hold Lunge/Tricep Kick Back	1 min. reverse lunge 30 sec. lunge slide	1 medium	Medium dumbbells	Platform extender on, bar down, no box, start holding dumbbells, L foot on platform/heel lifted, R foot on carriage/facing risers
Seated Side Arm (1 Strap) -Bicep Curl into Shoulder Press/Developé Leg	30 sec.			R hand on front edge of carriage/body facing sideways, L foot on headrest, L hand in long strap
Front 4 Pt. Kneeling -1 Arm Bicep Curl -Add Bird Dog	15 sec. each			L hand in long strap, R leg extends for bird dog
Plank Position -Long Stretch	30 sec.			Hands on bar, feet near headrest
(Side 2) -Standing Lunge Section on Top of Carriage -1 Arm Bicep Curl/Shoulder Press/Developé Leg Arm -Front 4 Pt. Kneeling Bicep Curl/Bird Dog	Reps listed above		Medium dumbbells	Bar down, L foot on carriage, R foot on platform
Standing Split Stretch (Both Sides)	5 both sides	1 medium & 1 light		Bar up, hold bar, L foot on platform, R foot on carriage
Standing Hamstring Stretch				Standing on platform extender, torso hanging over heavy/hands to toes