

Core Ball Crush (Soft Pilates Ball, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Abdominals (Ball) - Hands in Straps - Ball at Mid-Back -Teaser Legs - Hug a Tree Arms -Teaser Legs - Up/Down Arms -Teaser Legs - Alt. R & L/Both Slice Down/Up -Add Legs on Slice	30 sec. each	1 light	Box, ball	Long box on floor/R side against rail, ball at mid-back, feet on platform, hands in long or short straps
Abdominal Jumps -Full Jumps -Crunches (Table Top) -1 Leg Jumps (Table Top)/Pulses with Straight Legs -Side 2 - Jumps/Pulses -Calf Raise Jumps/Pulses in Teaser V Position	15 sec. each 10 reps for all pulses			Feet on bar, loop straps around shoulders, hands behind head 1 leg - toes on bar/1 leg in table top or extend both legs for pulses
Flat Back Lunge -Hold Lunge - Heel Raises -Scooters/Push Ball -Hold Low - Reach Across -Combo - Scooter/Push with Reach Across/Lift	10 each 5 combos			R calf against ball/machine on R side, L foot against shoulder rest
Face the Side (on box) -Shuffle/Tap Ball to Box	30 sec.			
Hover Plank (Ball in Knees) -Hover Knee Taps -Press to Plank/Hold 3 Sec. -Pikes -Slides -Dribbles -Pikes -Slides	5 reps each 10 dribbles			Move box to side 2, ball between knees, hands in the middle of the carriage, feet on platform
Complete Side 2 -Lunge Sequence -Shuffle Step on Box				

Exercise	Reps	Springs	Props	Direction
Side Bend (Short Box) -Twists -Hold Over - 2 Arms Overhead	10 each 6 with both arms overhead		Ball, box	Short box in front of shoulder rests, L foot in safety strap, R leg bent on box
Plank Tuck - 1 Leg Plank (Ball/Knee/Bar) -Press/Knee Across -Pulse into Bar	5 combos 10 pulses			R foot against box, hands on bar, L knee into ball/against box
High Lunges - Thread Ball -Hold Low - Pulses	10 each			L foot on platform
Complete Side 2 -Side Bend Sequence -Plank Tuck/Ball Sequence -High Lunge/Pulse Sequence				
Kneeling Arms (Side) -T Arms - Rotate/Side Bend in to Overhead Tricep Press -Draw a Sword/Hip Thrust	30 sec. combo. 10 only tricep press 5 draw a sword/thrust			Face the side/kneeling in the center of the carriage, hold long strap in foot bar hand, other hand has ball (R hand)
Abdominals -Center (No Jumps) -Center 1 Leg Over/Under Bar -Elbow to Knee Rotations (R) -Pulses -Side 2 -Alt. Side to Side Reach with Press from Bar -Calf Raises in C-Curve -Full Presses (C-Curve)	8 each			Face the front/bar, toes on bar/heels together, ball at mid to lower back
Ending Stretch -Alt. Sweep Around to Stretch -Hamstring Stretch (R & L) -Seated Chest Opener	2 each way 20 sec. stretches	No springs	Ball	Sit close to edge of carriage/ bring carriage to back edge near risers, ball behind back of calf on 1 leg