

Level Up Reformer (10 lb. Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Standing Stretch -Roll Down/Walk Out to Plank -Plank - Knee Tucks	1 min. roll down warm up 30 sec. knee tucks	1 medium		Feet on platform, hands on carriage
Kneeling/Hands in Straps -Thigh Stretch/Overhead Reach -Alt. 1 Arm Wide Row	30 sec. each 15 sec. Presses			Hold both straps/above the metal, knees against shoulder rests/high hips
Standing/Hands in Straps -Squat/Chest Expansion -No Squat - Chest Expansion				Elbows wide for rows Low V for chest expansion
Side Lying / 1 Foot in -Alt. Bend & Stretch / Leg Lift -Leg Sweep / Upper Body Rotations	30 sec. each			L forearm on headrest, R hand behind head
3 Pt. Kneeling / 1 Foot in Strap -Rainbow Leg Sweep -Bend & Stretch (Donkey Kick)	30 sec. each			L knee on carriage/facing the back, forearms on carriage/headrest, R foot stays in long strap/leg behind you
Light Feet in Straps -Lowers/Lifts - Arms Up -Down/Turn Out/Open/Close -Open/Close -Frogs - Arms Up -Long Spine	30 sec. lower/lift 3 combo. 20 sec. open/close 30 sec. frogs 1 min. long spine	1 medium		Long straps on feet
Complete Side 2 -Side Lying Sequence -3 Pt. Kneeling Sequence	Reps listed above			L foot in strap

Exercise	Reps	Springs	Props	Direction
Standing (Dumbbells) L Side -Hinge Forward -Hinge/Leg Press Combo. -Hinge/Curl to Upright Shoulder Press with Leg Press -Stay Upright - Shoulder Press/ Leg Press Combo.	30 sec. Each 10 sec. combo. finale	1 medium	Box, dumbbells	Short box in front of shoulder rests, dumbbells at chest, L foot on floor/L side, R foot against box/carriage, bar down completely
Pike (1 Leg in Well) -Flamingo Pike Plank -Staggered Tucks (1 leg on top of box) -Mt. Climber (1 leg in the air)	20 sec. each			Bar up high, stand in front of box, hands on bar, R foot against box, L leg in the well R foot stays against box/on carriage the entire time during the plank and pikes
Short Box Series -Rounded (Dumbbell/Reach) -Hold C-curve - 1 Leg -Russian Twists (1 Side) -Complete Side 2 - Twists	30 sec. each 20 sec. twists each side		1 dumbbell	Feet in front strap, dumbbell at chest, sit on box
Complete Side 2 -Pikes/Plank Section -Standing Hinge/Press Section	Reps listed above			R side of machine for hinge/leg press section
Seated Arms -Hug a Tree -Hug a Tree/Alt. Leg Extension -Wide Overhead Press -Serving/Alt. Leg Extension -Overhead Tricep Press	20 sec. each 30 sec. overhead press 30 sec. serving 30 sec. tricep press	1 medium		Sit on top of box, hands in short straps, feet flat on carriage/facing front
Hamstring Stretch/Leg on Box -Complete Side 2	20 sec. Each (x2)			R knee on box, L foot on floor/leg straightens, hands on bar