

Long Box Lovers (Box)

Flow

Exercise	Reps	Springs	Props	Direction
4 Pt. Kneeling -Cat/Cow -Roll Through Spine -Bird Dog/Elbow to Knee	30 sec. cat/ cow 15 sec. roll 30 sec. Bird dog/elbow to knee each side	1 medium	Box	Long box position, facing front
1/2 Plank (Kneeling) -Alt. Wheel Barrow/Push-up	1 min.			Hands on bar, knees on box,
Platform Lunge Hold -Scooter Press -Alt. Scooter Press/Rotation -Slow Pulse (Back Leg Straight)	30 sec. each			L foot on platform, R foot on top of box, hands behind back, front leg stays bent
Plank Position -Mt. Climber	30 sec.			Hands on bar, feet on box
(Side 2) Platform Lunge Hold Series	Reps listed above			R foot on platform
-Alt. 1 Leg Hamstring Curl (Box) -Hold 1 Leg - 1 Leg Circles -Complete Side 2	30 sec. hamstring curls 8 leg circles each way			Lying on back, toes on bar, holding back of box
Hands in Straps -Double Leg Stretch	30 sec.			Both straps in hands - reach forward in c-curve
Abdominals (1 Foot on Bar) -1 Leg Kick -1 Leg Elbow to Knee Twist -Complete Side 2	30 sec. each			No straps, hands behind head, R toes on bar, L leg over bar
Standing 1 Foot in Strap -Arabesque Sweep (1 Arm Sweeps in Opposite Direction) -Upright Standing Press Back	30 sec. each	1 light		Shift box over slightly to L side, place inside foot on carriage next to box, outside foot in long strap
Side Lying 1 Foot in Strap -Semi-Circles	30 sec.			L forearm on headrest, L hip on box

Exercise	Reps	Springs	Props	Direction
4 Pt. Kneeling (Side) -1 Arm Reverse Fly Pull	8-10			Knees on box, L hand on box, body facing side, R hand holds long strap
Seated Arms -1 Arm External Rotations (Palm Up) -1 Arm External Rotations/Extend to a Wide Press -Draw a Sword/Table Top Teaser Position	4-5 each 30 sec. Draw a sword/ teaser			R hand holds long strap, heels of feet on carriage
Reverse Crunches -Center -Obliques	5 each	1 medium		Small straps above knees facing the back, hands behind head
Seated Hands in Straps -Alt. Low V, T, High V	30 sec.			Hands in short straps, feet on headrest, slight lean back
(Complete Side 2 - 1 Foot in Strap Section) -Arabesque Sweep -Upright Sweep -Side Lying Semi Circles -1 Arm Reverse Fly -Seated Arms	Reps listed above	1 light		
Pulling Straps -Finale Stretch - Grab Feet	30 sec.	1 light		Bar up or down, chest on box, hands above metal ring