

Pole & Ball Play with Ben (Ball, Pole)

Flow

Exercise	Reps	Springs	Props	Direction
Side Lying Footwork -Full Press -Hold Press - External Rotation -1/2 Bend & Stretch	1 min. full presses 30 sec. rotations	1 heavy & 1 medium	Ball	Ball on headrest, L ear on ball, R arm to ceiling/lying on L side, R foot flat on bar, bottom leg bent on carriage
Feet in Straps (Ball) -Lowers/Lifts -Lift Hips Up/Down - Swap Ball Hands in Straps (Ball - Knees) -Lowers/Lifts - Adding Curl -Hold Curl - Bend/Stretch Elbows - Punching Complete Side 2 Footwork	1 min. lowers/lifts 30 sec. up/down hips 1 min. swipe arms 30 sec. punches			Ball between knees, feet in long straps
Side Lying - 1 Strap on Foot -Bend & Stretch / Arm Side -Sweep Back / Arm Up & Down	30 sec. each variation	1 medium		Lying on L side/forearm on headrest, R long strap on R foot, L leg bent on carriage, hold ball in R hand
Kneeling - 1 Hand in Strap -Isolated Movements - Ball Tap/Lift Hips/Tricep Extension	1 min.			Ball in L hand/arm reaching straight in line with L ear, knees in line with shoulder rests, R hand holds metal on strap, flat spine
Complete Side 2 - Start with Isolated Kneeling Section on L Side & complete Side Lying sequence on Side 2	Reps listed above			
Lunge Section (Pole) -Lunge on Bar -Hold - Bend/Stretch Back Leg -Pulses Complete Side 2 Right Away	1 min. lunges 30 sec. bend/stretch 10 sec. pulses	1 light		L foot on platform, pole on platform behind or in front of the bar, R foot on carriage, L hand on hip, ball of R foot on carriage behind you

Exercise	Reps	Springs	Props	Direction
Seated with Pole in Straps -Forward Fold -Sit Tall - Arms Up/Down -R Hand - Up/Down Arm -L Hand - Flat Back Forward - Overhead Tricep Press Complete Arm Work on Side 2	30 sec. Each	1 light & 1 medium	Pole	Thread the pole through long straps, seated with legs long on carriage/facing front, overhand grip
C-Curve with Pole -Bicep Curl Hold - Alt. Teaser/ 5 Punches to Ceiling -Hold Teaser - Pulse Arms Toward Chest	1 min. combo. 15 sec. teaser hold/ pulses			Turn around to face the back, feet on headrest, underhand grip
Pole Above Knees -Sit-ups - Tap Down/Up -Pulses	30 sec. taps 10 sec. pulses			Roll down/pole above knees on thighs, tap sides of machine
Standing Figure 4 Stretch	20 sec. each side	1 medium		Hold foot bar, stand on one leg/cross other leg on top
Swan Stretch on Carriage	20 sec.			Hands on carriage, feet on platform
4 Pt. Kneeling Thread the Needle Stretch	20 sec. each side			Knees on carriage/closed, 1 arm threads through