

Strength Day (15 lbs. Dumbbells)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork (Dumbbells) -Heels/Parallel - Narrow Chest Press -Hold - Alt. 1 Arm Narrow Press -Heels/Wide - Wide Chest Press -Hold - Alt. 1 Arm Wide Press -Toes/Parallel (Heels Lifted) Tricep Skull Crusher -Hold - Just Lift & Lower Heels -Como - Alt. Lower & Lifting Heels & Full Bend & Stretch with Press -Pulses	30 sec. each 1 min. Alt. Squeeze & pule 1 min. combo.	3 heavy	Medium dumbbells	Middle or high shelf, dumbbells in both hands
-1 Leg Footwork/Kick - Heel/Hug a Tree -1 Leg Bridge/Tuck Knee <i>Complete Side 2</i>	10 each			L heel on bar to start, R leg kicks
Center Platform Plank -Jackrabbit -Kneeling Plank - Alt, Shoulder Taps -Full Plank -Alt. Pike/Push-up	30 sec. each	1 light		Bar all the way down, hands on platform
Standing Section -Squat/Narrow Shoulder Press -Side Split - Hold OH Reach -Bent Over Row -Skater Carriage Leg -Hold Skater - 1 Arm at Shoulder & 1 Arm Down	30 sec. Each	1 medium	Heavy dumbbells	L foot on platform, R foot on carriage
Kneeling Tricep Press -5 Sec. Hold (Extended)	1 min.			Kneeling against shoulder rests, hold above D ring
-Reverse Abdominals -Lat Pull Through -5 Sec Hold (Pulling)	30 sec. Abs 5 pull through			Hold frame

Exercise	Reps	Springs	Props	Direction
Complete Side 2 -Standing Section	Reps listed above			R foot on platform, L foot on carriage
Kneeling Arms -Bicep Curl/Serving Arms -Bicep Cur/Serving Arms with Hip Hinge Hold -3 Total Sets	30 sec. each for 3 sets	1 medium		Kneeling facing front, short straps in hands, slight hip hinge
Stretch -Wide Legs/Child's Pose Roll Through - Open/Close Carriage	5			Wide legs/kneeling on carriage, hold bar
Feet in Straps -Lowers/Lifts -Circles -Peter Pan -Figure 4 Stretch (Both Sides)	30 sec. each	1 medium, 1 heavy		Long straps on feet