

## Strength Day (15 lbs. Dumbbells)

### Flow

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

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