

A Nice Lil' Flow with Ben (No Props)

Flow

Exercise	Reps	Springs	Props	Direction
Mermaid Position -Mermaid Stretch -Arm Sweep/Hip Lift -Hold Arm - Float Leg to Table Top/Extend Leg	3 mermaid stretches 30 sec. sweep 30 sec. tricep press	1 medium		R shin facing the foot bar, R hand in short strap for sweep, L hand on headrest
4 Pt. Kneeling (Facing Risers) -Tricep Press -Donkey Kick/Pulses	30 sec. each			Same hand/strap for tricep press, R leg donkey kick
Work Backward -Complete Everything on Side 2	Reps listed above			Start with tricep press/move through sequence until ending with mermaid stretch
Hands in Straps -R Side C-curve - Arms Lift Up/ Press Down -Pulse Reaches -Complete L Side	30 sec. 20 sec. pulses			Hands in short straps, table top legs, c-curve hold
Lunge Position -Scooters -Alt. Scooter/Crossed Plank -Scooter Pulses	1 min. each 10 pulses	1 heavy		Stand on R side of machine, R foot on floor, L foot against shoulder rest Plank - L hand over R hand on the bar, R leg crosses over L leg
4 Pt. Kneeling (Facing Risers) -Alt. Side Knee Lift/Reverse Abdominal Carraige Pull	30 sec.			Hands on frame, knees against shoulder rests/ carriage, body facing risers
Complete Lunge Section on Side 2	Reps listed above			L side
1/2 Side Position -Side Bend -Side Bend with Split Hold	30 sec. each	1 light		Bar down, platform extender on, L knee against shoulder rests, hands behind head, R leg straight/foot draped over platform extender

Exercise	Reps	Springs	Props	Direction
Forearm Side Plank -Hip Dips -Tucks	15 sec. hip dips 20 sec. tucks			Tandem legs on platform, R forearm on carriage, L arm to ceiling
<i>Complete Side Bends & Forearm Plank Section (Side 2)</i>	Reps listed above			R knee on carriage for side bend
Child's Pose -Reach to R & L -Press Hips Back While Reaching Hips Back	10-20 sec. each	1 light or 1 medium		Bar up