

Ball 'n Box with Jen (Ball, Box)

Flow

| Exercise | Reps | Springs | Props | Direction |
|--|---|-----------------------|--------------|---|
| Footwork (Ball Under Sacrum) -Heels/Parallel - Bend/Stretch -Press/Rock Hips Side to Side -Pulses -Hold Halfway Out - Rock Hips Side to Side 1 Leg Footwork (Keep Ball) -Toes on Bar - Développé Leg -Pulses -Complete Side 2 | 30 sec. each 10 pulses 10 ocks 10 single leg presses | 2 heavy & 1 medium | Ball | Ball underneath sacrum |
| Bridge Work (Ball Under Foot) -Bridge Lifts Up/Down -Stay Lifted - Hamstring Curl -Pulses/Slowly Roll Down -Complete Side 2 (Change Ball) | 30 sec. 6 curls 10 pulses | | | Ball underneath R foot/on bar, L foot on bar, arms to ceiling |
| Split Squat (Facing Back) (Ball) -Squat Hold/Pull Carriage -Alt. Squat/Pull Carriage -Hold Squat - Pull Carriage | 30 sec. each 10 pulls | 1 light | Box and ball | Long box on floor beside the machine, R foot on box/body facing risers/back, ball in hands |
| Forearm Plank -Side to Side Hip Dips -Twisted Tucks -Side Plank Hold (1 Arm) | | | | Forearms on carriage, knees or feet on box, twist to L side, L arm to ceiling on plank hold |
| Side Lying / 1 Hand in Strap -Arm Sweep -Add Bend/Stretch on Top Leg -Pulse Top Arm -Squeeze Ball | 3 sweeps with & without the ball/top leg 10 pulses 10 squeezes | 1 medium | | Short box position on carriage, forearm on headrest, ball between ankles, legs long/lying on L hip, short strap in L hand |
| Elevated Grande Plie/Side Split (1 Leg Elevated) -Sumo/Skater Combo. -Add Side Bend -Hold Sumo - Pulses | 30 sec. each 10 pulses | | | L foot on carriage, ball in hands, R arch on bar |

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|--|--|----------|-------|--|
| Center Plank -Pikes -Pike/Cobra Stretch Combo. -Hold Plank -Slowly Close Carriage | 30 sec. each 10 sec. hold 10 sec. to close carriage | | | Feet on edge of box, ball between knees, hands on bar |
| Complete Side 2 -Elevated Grande Plie/Side Split Section -Sumo/Skater/Pulses/Side Bend Section | Reps listed above | | | |
| Complete Side 2 -Side Lying / 1 Hand in Strap Leg Sweep Section/Plank | Reps listed above | 1 medium | | For the plank - box in line with shoulder rests/other side on floor - feet on box/forearms on carriage |
| Complete Side 2 -Forearm Plank Section -Hip Dips/Twisted Tucks/Hold | Reps listed above | 1 light | | |
| Complete Side 2 -Split Squat/Carriage Pull Section/Pulls | Reps listed above | | | L foot on box/R foot pulling shoulder rest |
| Stretches -Thread the Needle (Carriage) -Lunge (Platform/Carriage) Complete Both Sides | 30 sec. | | | Middle of box in line with shoulder rests, knees on box, hands on shoulder rests |