

Burn & Balance (Med & Heavy Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Reverse Abdominals (Straps) -Upper Body Curls -Full Body/Extend Legs -Rolls -Twists -Straight Legs - Pulses (10)	30 sec. each 10 pulses to finish	1 medium		Long box on carriage, long straps above knees, hands behind head
Seated Arms -Chest Expansion -Tricep Extensions/Pulses	30 sec. each 10 pulses			Sitting on top of box, holding taped part of straps, arms straight next to you
Standing Section -Side Hip Circles (Dumbbell) -Pulses Up & Down -Dumbbell Reach Across/Up REPEAT	20 sec. each 2 ROUNDS	1 medium	Heavy dumbbell	Place box on short side/upright/at back of machine, R forearm on box, dumbbell behind L knee, long strap around R ankle
-Standing Inner Thigh Pull/1 Arm Shoulder Press -Step Out/Squat/Inner Thigh Pull/Shoulder Press Combo.	30 sec. 8 combos.	1 light		Stand closer to foot bar, dumbbell in R hand, pass dumbbell on combo.
-Standing Arabesque Press -1 Arm Dumbbell Row -Alt. Row/Arabesque	20 sec. each 30 sec. combo.			Face the box, L hand on top of the box, R arch on strap
Seated Arms -Tall Twist -Add Lean & Lift (Leg) -Draw a Sword (1 Strap/1 Dumbbell) -Add a Side Lean Kick	30 sec. each	1 medium	Light dumbbell	Short box in front of shoulder rests, L knee on carriage, R leg hanging off box, dumbbell in both hands/hands at chest/holding both straps/elbows wide 2nd part - L hand holds long strap, dumbbell in R hand
Round Box Series -Roll Back/Punch -Alt. Roll Back/Punch/Twist -Hold Back - Table Top - Pulse Up & Down -Complete R Side	20 sec. each			Dumbbell at chest/ceiling, feet in front strap, body faces ceiling

Exercise	Reps	Springs	Props	Direction
Complete Seated Arms Sequence on Side 2	Reps listed above			
Complete Entire Standing Section on Side 2 starting with Side Hip Circles		Start on 1 medium & change to 1 light for inner thigh pulls	Heavy dumbbell	Hold box/upright, dumbbell behind R knee for standing circles
Standing Series on Top -Overhead Press/Step-up/ Knee/ Tap/Kick Combo. -Side Scooters (Low Squat)/ Bicep Curl -Hold Wide Squat - Swing/Curl -Press Out/Punch Combo.	30 sec. combo. 10 bicep curls 10 punches 5 press/punch	1 heavy	Heavy dumbbell	Bar down completely, L foot on platform, dumbbell in R hand for shoulder press
Plank -Long Stretch -Alt. Push-up/Pikes	20 sec. each			Hands on platform, feet on carriage/close to shoulder rests
Complete Standing Series on Side 2, starting with Step-up Series/Press Combo.	Reps listed above			R foot on platform
Kneeling Arms -Arm Jumps/Add Hip Lifts -Kneeling Tricep Extensions/ Pulses -1 Arm Jump/1 Arm Tricep Kick Back -Side 2 -Straddle Squat - Side Bend/ Lift Heel Off Ground -Center Kneeling Arm Jumps	10 each 20 sec. side bends/heels 20 sec. finale jumps	1 light	Light dumbbells	Knees as close to front edge as possible, hands on bar
Feet in Straps -Lowers/Lifts -Shoulder Stand -Swimming Frogs (Each Way)	5 each	1 heavy & 1 light		Feet in long or short straps