

## Lateral Length (Theraband, Platform Extender)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Footwork</b> <b>-Toes/Parallel - Bend/Stretch</b> <b>-Lift Heels/Lower/Bend/Close</b> <b>-Prancing</b>  <b>1 Leg Footwork (Band)</b> <b>-Bend/Stretch</b> <b>-Press with Side Stretch</b> <b>-Calf Raise/Flex &amp; Point</b>  <b>1 Leg Footwork (Side 2)</b>	30 sec. each  Single leg -30 sec. bend/ stretch 5 with side stretch 5 flex & point/calf raise	2 heavy	Theraband	
<b>Bridge Section</b> <b>-Up/Down</b> <b>-Hold High - 10 sec. Roll Down</b> <b>-Semi-Circle</b>	30 sec. up/ down 10 sec. roll down	1 heavy		Heels on bar
<b>4 Pt. Kneeling</b> <b>-Cat/Cow</b> <b>-Alt. 1 Leg Reaches Behind You</b> <b>-Alt. Bird Dog</b> <b>-Hold Bird Dog - Open to Side</b> <b>-Open/Close Carriage</b>  <b>-Complete Side 2 Bird Dog</b>	30 sec. each  Side Bird Dog - 5	1 light	Platform extender	Keep carriage slightly pressed out, hands on platform, knees on carriage
<b>Seated Arms/Abs</b> <b>-Assisted Roll Back</b> <b>-Roll Back/Row/Open/Roll Up</b> <b>-Rowing Combo - (stay in c-curve without coming up)</b> <b>-Hold C-Curve - Diagonal Open</b>	30 sec. 4 combos	1 light		Facing the back/seated, hold D rings, arms parallel to floor to start

Exercise	Reps	Springs	Props	Direction
<b>Mermaid Position</b> <b>-Side Bend with Hip Thrust (1 Hand in Strap)</b> <b>-Side Bend/Sweep Combo.</b> <b>-Giant Circles (Both Hands in Strap)</b> <b>-Mermaid Stretch (Hand on Platform Instead of Bar)</b>  <b>-Complete Side 2</b>	8 bend 5 with sweep 8 Circles 3 mermaid stretches	1 light		R hand in short strap, R shin against shoulder rest, L leg bent on carriage, L hand on front edge of carriage
<b>Side Splits (Band) Section</b> <b>-Side Splits</b> <b>-Splits - Flat Back Forward</b> <b>-Split - High Row R Arm/Side Bend L Arm Combo.</b>  <b>-Complete Side 2</b>	30 sec. each	1 medium	Theraband	Facing R side of carriage, L foot on platform, R foot on carriage, band in hands/bend head as it expands  Row/Bend Combo - band underneath L platform foot, band in R hand
<b>Feet in Straps</b> <b>-Lowers/Lifts</b> <b>-Long Spine/Circle Down</b> <b>-Circles</b>	30 sec. lower/lift 5 long spine/circle around 3 circles each way	1 heavy & 1 medium		Feet in long straps