

Ring Round Up with Ben (Magic Circle)

Flow

Exercise	Reps	Springs	Props	Direction
Alt. Single Leg Stretch	30 sec.	1 medium	Circle	Reach circle to ceiling/both hands/arms straight
Roll Ups	30 sec.			Legs heavy on bar/toes
Sit Tall - Alt. Russian Twist (5 Squeezes Each Side)	30 sec.			
Bridge Hold (Wide/Heels/Circle) -Hold High/Squeezes	30 sec.			Circle between inner thighs, heels on bar/externally rotated, hold hips to support
Side Kneeling (Circle/1 Strap) -Alt. Thigh Stretch/Hip Thrust	1 min.			Facing R side, L hand in short strap/holding circle in both hands, kneeling on carriage
Front Kneeling (Circle/1 Strap) -Wood Chop (L Side) -Hold Up - Squeeze Circle	30 sec. wood chop 20 circle squeezes			Facing front/bar, holding same position with strap/circle
Kneeling Arms (Circle/1 Strap) -Side -Front (Side 2) Squeezes	Reps listed above			Face the other side
Reverse Core Work (Hands in Straps/Circle Around Ankles) -Alt. Open Arms/Knee Tucks -Hold Arms Open/Knee Tucks -Hold Arms/Squeeze Circle	30 sec. each			Legs inside of circle/around ankles, hands in long straps, on back/facing risers
Side Splits (Circle in Hands) -Split/Flat Back Forward -Hold Flat Back Forward / Move Arms Up & Down -Lateral Lunge/Cross Over	30 sec. each	1 light	Box	Short box on carriage, circle in both hands/arms to ceiling

Exercise	Reps	Springs	Props	Direction
Traveling Lunges (Press Circle) -Move Out/In -Pulse Up/Down	1 min. traveling out/in 30 sec. Pulses			Facing risers, L foot on carriage, R hand on circle/on box, R foot on platform
Complete Side 2 -Traveling Lunges -Side Splits Series	Reps listed above			
Side Sit-up (Circle at Chest) -Twists -Long Arms	10 each			Sit on box/facing front, R foot in front strap, circle at chest, L leg bent/hip on box
Alt. Tricep Dip/Heel Raise (Circle Between Inner Thighs) -Tricep Dip with Heels Lifted	30 sec. each			Hands on box, feet on frame/ facing the back risers
Side Sit-up Variations on Side 2	10 each			L foot in front strap
Box Plank -Tucks Forearm Side Plank (R) (Push Circle into Carriage) -Pikes Side 2 Forearm Plank - Pikes	30 sec. each			Feet on platform to start/ circle and hands start on box L forearm on box, R hand pushes circle into carriage
Seated Stretch (Pull with Circle)	20 sec.			Circle behind base of neck, feet in front strap/sitting on box
C-Curve (Circle at Base of Head) - Roll Back/Stretch	20 sec.			
Side Split Stretch -Round/Flat Spine	30 sec.			Hand on bar/facing sideways, hands on frame, L foot against box, R foot on floor
Standing Side Bend	5 sec. each side			Reach to ceiling with both hands