

Stronger Reformer (Magic Circle, Light/Med/Heavy Dumbbells, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Hands in Straps -Press Down/Alt. Extend 1 leg -Hold Arms Up/Alt. Extend 1 Leg (Head Down) -Press Down/Curl Upper Body/Extend Both Legs -Hold Arms Up/Extend Both Legs While Holding Arms Still	30 sec. each	1 medium, 1 light, 1 heavy		Bar down completely, hands in short straps, start in table top/arms straight
Standing Section (Split Stance) -Hinge Forward -Alt. Hinge Forward/Press Carriage Back/Stand Up **Add Bicep Curl for 30 sec.	30 sec. each	1 medium & 1 light	10 lb dumbbell	Stand on L side of machine, L foot on floor, R foot against shoulder rests
Seated Core Work (Feet/Strap) -Sit Tall - Squeeze Circle -Roll Down/Up -Halfway Down/Up -Hold C-Curve - Twist & Reach -Twists (Circle at Chest)	30 sec. each		Circle	Feet in strap, circle between knees, elbows wide/hands behind head to start
Complete Standing Section on Side 2	30 sec. each			R foot on floor/push carriage with L leg
Floor Section -Goblet Squats -Tricep Dips (on Box) Repeat Both Exercises -Goblet Squat/Sumo Position -Tricep Dip/Alt. Leg Pull	1 min. each		Heaviest dumbbell, box	Short box on L side on floor/ in line with metal frame, standing in front of box, goblet position with dumbbell
Side Lying - 1 Foot in Strap -Bend & Stretch/Press Circle -Tiny Circles/Press Circle	30 sec. each	1 medium & 1 light	Circle	Lying on L side, L forearm on headrest, pressing circle down on carriage with R hand, R foot in long strap
Center Plank -Knee Tucks	30 sec.			Facing the foot bar, hands on platform, feet on carriage/ against shoulder rests
Complete Side 2 -Side Lying 1 Foot in Strap Section	30 sec. each		Circle	L foot in strap

Exercise	Reps	Springs	Props	Direction
Side Car Position -4 Pt. Kneeling - 1 Arm Row with 1 Leg Extended	1 min.		Heaviest dumbbell, box	Dumbbell in R hand, kneeling on box, long box on floor/ edge in line with shoulder rest, L leg extended behind
Floor Section (Using Box) -Weighted Deficit Lunge	1 min.		Medium dumbbells	L foot on box, dumbbells in both hands
Complete Side 2 -4 Pt. Kneeling Row (Side 2) -Weighted Deficit Lunge	1 min. each			L arm for row R foot on box for lunges
Side Kneeling Arms -Rotations (Circle) -1 Arm Side Bend/Press Circle	30 sec. each	1 medium	Circle	Kneeling facing sideways, circle in both hands and hands in short straps, circle against R leg for presses
1 Arm Side Plank -Kneeling -1 Leg Lifted -Both Legs Lifted -Hold - Press Circle	10 presses			Tandem legs/facing L side, R hand on platform, L hand pushing circle into platform
Complete Side 2 -Side Kneeling Arms -Side Plank Sequence	Reps listed above			
Floor Section -1 Legged Hip Thrust (L) -1 Legged Hip Thrust (R) -Overhead Reach	10 each leg 1 min. overhead reach		Heavy dumbbell	First Side - Shoulder blades on box, L foot on floor, dumbbell at hip, R hand behind head OH reach - Turn box into long box position, lying on back, dumbbell in both hands, feet flat on the ground, circle
Feet in Straps (Circle) -Lowers/Lifts -Long Spine -Circles (Both Directions)	30 sec. each	2 heavy	Circle	Feet in long straps, circle between ankles until circles