

Summer Sizzle (Box, Light & Medium Dumbbells)

Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps (Dumbbells) -Lowers/Lifts - Arms Up/Down -Bend/Stretch - Chest Press -Frogs - Hug a Tree -Small V - Pec Fly -Long Spine - Arms Lift/Bend & Stretch at the Top	1 min. each 20 sec. V's	2 heavy	Light dumbbells	Feet in straps, dumbbells in hands
Seated Core Work -Half Roll Back/Alt. Punches -Hold Halfway Back - Reach to a T/Reach Forward -Hold Halfway Back - Twists	30 sec. each			Feet in front strap, dumbbells at chest, sitting centered on carriage/facing Barr
Sit-ups (1 Dumbbell - Legs Hooked Over Bar)	30 sec.		1 dumbbell	Hook legs over bar, 1 dumbbell in both hands/ reaching long in arms
Footwork -1 Leg Calf Raise (Hover Leg) -Add Hip Circles <i>(Side 2)</i>	10 calf raises 5 circles each way			R toes on bar/L leg to ceiling for first side
4 Pt. Kneeling (Facing Risers) -1 Leg Press (Heel) -Donkey Kick (Dumbbell) <i>(Side 2)</i>	10 each	1 heavy & 1 light	1 heavy dumbbell	Hands on carriage for leg press/hands on frame for donkey kick, knees on carriage, foot on bar (heel), dumbbell goes behind R knee for donkey kick
Standing (Facing the Back) -Reverse Lunges (Next to Box) -1 Hand in Strap - Arm Sweep with Donkey Kick Opp. Leg	10 each	1 medium	Box	Long box on carriage/scoot over slightly to one side, stand on one side on carriage/facing risers (R foot), L foot on bar R hand in long strap
1 Leg Press/Plank Variation -Alt. Leg Press/Flamingo Pike -Pike with Kick/Thread to Opposite Elbow	30 sec. each			Hands on box, L foot on bar, R leg flamingo -hand on carriage for kick to ceiling

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Supine (Straps & Dumbbell) -Lat Pullover/Reverse Crunch -Lat Pullover	30 sec. each		1 dumbbell	Lying on back, dumbbell in both hands/long arms, short straps above knees
(Side 2) -Standing Lunge/Donkey Section on Carriage -Alt. Leg Press/Pike/Thread	Reps listed above			
Reverse Lunges (No Box) -Lunge (Hold Dumbbell R Hand) -Lunge/Rotating 1 Arm Row -Lunge/1 Arm Hammer Curl into Shoulder Press	30 sec. each	1 medium	1 heavy dumbbell	L foot on platform, R foot on carriage
Double Leg Stretch (Hands in Straps)	1 min.			Sit facing the back risers, hands in long straps,
(Side 2) -Reverse Lunge Section with Dumbbell (No Box)	Reps listed above			L foot on carriage, R foot on platform
Down Stretch	30 sec.			Knees on carriage, hands on bar
Lunge/Split Stretch (Bar & Carriage) (Side 2)	20 sec. each side			
Kneeling Thread the Needle Stretch (Side 2)	3 each side			Bar down, feet on headrest, 1 hand on platform, 1 arm threads through, head on platform