

Abby's Lower Body Express (Circle, Box, Platform Extender)

Flow

Exercise	Reps	Springs	Props	Direction
Side Lying - Foot in Strap -Leg Sweep (External Rotation) -Bend & Stretch (Parallel) -Bend & Stretch (Turned Out)	10 each	1 medium & 1 light		L foot in long strap, platform extender on
Lying on Back - Foot in Strap -Scissor Legs -Hold Leg Still - Circle the Non-Strap Leg	6 scissors 3 circles each direction			Other leg hovers above bar to start
Complete Side 2 -Side Lying Section -On Back - Scissors/Circles	Reps listed above			R foot in long strap
Hip Circles (Legs Straight)	4 each way			Hold shoulder rests, legs straight
Hollow Hold	20 sec.			Legs long over bar, reach arms forward, c-curve
Short Box (Circle) -Rounded Series with Stretch (Roll Back/Open Leg to Side/Roll Up) -Hold Roll Back - Open Leg to Side/Close Leg -Complete Side 2	6 combos. 6 open/ close leg	2 heavy & 1 medium	Box, magic circle	Short box in front of shoulder rests, sit on top of box, feet in front strap, R foot in strap
Swan Dive	6	1 medium & 1 light		Pelvis on box/top of head at bar, hands on bar, legs long behind you
Platform Lunge Position -Single Leg Carriage Press with Rotation -Side 2	10 each side			R foot on platform, hold bar, L toes against top of box