

Abby's Perfect 30 (No Props)

Flow

Exercise	Reps	Springs	Props	Direction
Double Leg Footwork -Heels/Parallel -Hold Halfway - Marching -Full Press -Hold Halfway - Marching -Full Press -Hold Halfway - Marching -Full Press	30 sec. parallel heels 10 marches/ press (x3)	3 heavy		Bar up, start with heels parallel/hips distance wide
Single Leg Footwork -Heel/Parallel (R & L Side)	10 each side/10 pulses			
Double Leg Footwork -Heels/Parallel - Pulses -Pilates V -Hold Halfway - Marching -Full Press -Hold Halfway - Marching -Full Press -Hold Halfway - Marching -Full Press	10 pulses 20 sec. Pilates V 10 marches/ press (x3)			
Single Leg Footwork (External) -Heel/Turned Out (R & L Side)	10 each side/10 pulses			
Double Leg Footwork -Toes/Parallel (Heels Lifted)	10			
Alt. Single Leg Press/Calf Raise	10 each side			
Hands in Straps -Curl Up/3 Open & Close Legs -Curl Up/Alt. 1 Leg Lower/ Scissor Legs -Curl Up/Turn Out/Turn In	5 open/ close legs combo. -30 sec. each	1 heavy & 1 medium		Hands in long or short straps
1/2 Kneeling Inner Thigh Pull -Add Upper Body Rotation	1 min.	1 medium & 1 light		R foot on floor/facing the side, L knee/shin on carriage against shoulder rests, hands behind head

Exercise	Reps	Springs	Props	Direction
Kneeling 1 Arm Chest Expansion with Contraction (R & L Side)	30 sec. each	1 medium		Kneeling facing risers, holding sewn part of strap with L hand/arm straight
Reverse Abs (Kneeling)	30 sec.	1 light		Hands on rails, knees against shoulder rests/hovering
Child's Pose/Roll Through	30 sec.	1 medium		Hands on bar/kneeling