

Abs with Abbs (Ball)

Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps (Ball) -Tail Tucks -Leg Lowers/Lifts -Table Top -Squeezes -Upper Body Curls -Knee Sways -Leg Lowers/Lifts with C-Curve -Hollow Hold - Curls -Hinge Position - Hip Lifts -Full Hip Lifts -100's	10 each Full set of 100's	1 light	Ball	Ball between knees, feet in long straps, move slightly away from shoulder rests
Sit-ups Position (Legs Over Bar & Ball in Hands) -Sit-Ups -Russian Twists -Teaser Pulses	10 each			Legs heavy over bar, hold ball in both hands
(Ball at Mid-Back) -Long Legs - Crunches/Pulses -Abdominal Jumps (Toes) -1 Leg Press - Elbow to Knee -Hold Press Out - Elbow to Knee Pulses -Side 2 - 1 Leg Press/Pulses	10 each			
Side Kneeling Arms -Rotations -High Circles (Up & Over)	10 each			Face the side/kneeling, long strap in L hand/interlocking hands, rounded elbows
Back Kneeling -Reverse Abs (R Side) -Reverse Abs (Center) -Reverse Abs (L Side)	8 each side			Twisted to L side/knees against shoulder rest, hands on R side of frame) for side 1
(Side 2) Kneeling Arms -Rotations -High Circles	10 each			
Side Car (Strap Above Knee) -C-Curve - Knee Tucks -Hold Table Top - Curls -Elbow to Knee Pull -Straight Leg - Reaches	10 each		Ball & box	Long box in line with carriage on L side, sit facing risers, knee in short strap (inside leg/L leg)

Exercise	Reps	Springs	Props	Direction
Pulling Straps Position -Hold Pull Back - Pulse Legs -Arms Swipe Around -Hold Pull Back - Frog Legs Bend & Stretch	10 each			Lying on stomach/middle of chest on box, holding above metal on straps, frog legs
Prone on Box -Cobra Stretch -Bend & Stretch Arms (Narrow) to Extend	10 sec. stretch 10 extensions			
(Side 2) Side Car Abs Sequence (Strap Above Inside Knee)	Reps listed above			Box on Side 2/floor/in line with carriage
Long Stretch Series/Elephant	5 each variation 10 elephant	1 medium		Heels against shoulder rests, hands on bar
Hands in Straps -Arms Hold Up - Legs Tucks -Hold Legs Low - Squeezes -Press Down/Curl/Extend Legs -Hold Curl Up - Reaches -Leg Sways (Hold Pegs/No Straps on Feet) -Jackknife -Hip Lifts (Table Top)	10 each		Ball	Ball between knees, hands in short straps
Mermaid Position -Stretch Forward -Side Bend -Side Bend/Twist (Side 2)	10 sec. each			L shin against shoulder rest for side 1
Cobra Stretch on Carriage/ Child's Pose	10 sec. each			Hands on frame/outside, knees bent/hips toward floor