

Banded Burner (Heavy/Med. Booty Band, Box)

Flow

Exercise	Reps	Springs	Props	Direction
Bridges (Band) -Up/Down (Arms Up) -Stay Lifted - Hamstring Curls -Hamstring Curl/Alt. Marches -Quick Up/Down (Arms Up) -Stay Lifted - Press Out -Stay Lifted - Pulses	20 sec. each	1 medium & 1 heavy	Heavy or medium booty band	Bar high, band above knees, heels on bar
Feet in Straps (Band) -Alt. Bend & Stretch/Press Out -Stay Bent - Press Out on Band -Frog Press -Lowers/Lifts (Parallel) -Long Spine/Press Out -Long Spine Combo - Roll Up/3 Squeezes/Roll Down -Roll Up/Roll Down (Keep the Tension on Band) -Wide Frog Press	20 sec. each 5 long spine 3 combos 5 roll up/ down with tension 20 sec. wide frog			Long straps on feet, band stays above knees
Down Stretch	30 sec.	1 heavy		Hands on bar, feet against shoulder rests, knees on carriage
Full Plank Position -Long Stretch -Pikes -Elephant -1 Leg Elephant - Rainbow Leg -(Side 2) 1 Leg Elephant/ Rainbow Leg	30 sec. each 1 leg elephant/ rainbow (x5)			Knees off carriage, complete side 2 before moving on
High Front Kneeling (Hands in Straps) -Narrow Front Press -Narrow Front Press/Hip Thrust (Add Press Out on Band) -Combo - Narrow Front Press/ Hip Thrust/2 Presses on Band	30 sec. each 8 combo.		Medium band	Kneeling facing foot bar, hands in short straps, band around wrists/forearms

Exercise	Reps	Springs	Props	Direction
Kneeling Arm Jumps -Center/2 Arms -Center/Alt. Bow & Arrow -Center/Clap Above Head	30 sec. each	1 light		Kneeling facing foot bar, hands on bar, elbows not too wide or narrow
Captain Morgan -1 Arm Rotating Hug -L Heel Lifted - Press Forward (Hands Clasped Together) Complete Side 2	30 sec. each 6 presses (hands clasped)	1 light or 1 light & 1 extra light		R knee on carriage/L foot on carriage/knee turned outward, R hand in long strap to start
Tall Carriage Sequence -Low Scooter (Band) -Hold Halfway - Press Band Out -Hold - Pulses Complete Side 2	30 sec. Scooter 15 sec. presses/ pulses	1 medium	Box & band	Short box in front of shoulder rests, L foot on platform, R heel against box, band above knees
Prone on Box -Bicep Curl/Overhead Press -Breaststroke -Swimming	6 each 30 sec. swimming			Long box, bar on low setting, hands in short straps, lying on stomach
Swan	3-5	1 medium		Hold bar, arms long
Seated Stretches -Shoulder Rolls -Twists -Reach to Ceiling	10 sec. each			Sit on box with feet on carriage/straddling carriage