

Express Upper Body & Abs (6-7 lbs Dumbbells)

Flow

Exercise	Reps	Springs	Props	Direction
Supine/Dead Bug -Alt. Chest Press/Single Leg Stretch -Pec Fly/Single or Double Leg Stretch -Skull Crusher/Single or Double Leg Stretch -Lat Pull/Double Leg Stretch (C-Curve Entire Time)	30 sec. each	1 heavy & 1 light	Dumbbells	Bar down, platform extender on, lying on back, dumbbells in both hands, legs start in table top position
1 Strap in 1 Foot/Curl Up -1 Leg Lower/Lift - Scissor Split/Curl Up with Dumbbell -1 Arm Chest Press/1 Leg Bend & Stretch (Optional C-curve Hold) -Hold Curl/Hold Leg Lift - Kick Non-Strap Leg Complete Side 2	30 sec. each			R long strap on R foot, dumbbell in L hand/slice, R hand behind head Wide elbow for chest press
Side Kneeling Arms -Alt. Frame the Face/Shave -Side Bend/Reach with Thread -Twist (Palms Up/Arms Extended)	30 sec. each	1 light or 1 medium		Facing the side, R hand in short strap, kneeling, L hand on hip, 90 degree angle to start
V-Sit - Scoop Arms -Alt. Single Leg Extension -Double Leg Extension -Double or Single Leg Lowers	30 sec. each 15. sec. leg lowers	1 medium & 1 light		Both short straps in hands, V-sit, arms in low v to start
Side Kneeling Arms (Side 2)	30 sec. each	1 light or 1 medium		Facing the other side
Plank -Pikes - Legs Crossed on Each Side	15 sec. each side	1 medium or 1 light		Feet on platform, hands on carriage, cross 1 leg behind the other leg
Reverse Abs (Pull Carriage) -Single or Double Leg -Child's Pose/Arch Spine Stretch	15 sec. each leg or 30 sec. double leg 3 stretches			Hands on frame, knees against shoulder rests, 1 leg reaches behind you if doing single leg