

## Full Body Express (Platform Extender)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Standing on Platform</b> <b>-Narrow Overhead Press</b> <b>-Alt. OH Press/Squat</b> <b>-Alt. OH Press/Front Lunge (R)</b> <b>-No Straps - Lunges (Hands Behind Head/Both Legs Bent)</b>	20 sec. press 1 min. alt. press/squat 30 sec. lunges 20 sec. lunges/no straps	1 light	Platform extender	Platform extender on back on rails, start standing on platform facing foot bar, hold long straps, elbows narrow  Lunge - R foot on headrest, L toes on platform
<b>Kneeling Inner Thigh Pulls</b> <b>-Add Rotation (Rotate Toward Front Leg)</b>	30 sec. with & without rotation			L inner thigh against shoulder rests, R foot flat on ground, hands behind head
<b>Complete Side 2</b> <b>-Standing Platform Section with Squats/OH Press/Lunges</b> <b>-Kneeling Inner Thigh Pulls/ Rotations</b>	Reps listed above			L foot on headrest for lunges
<b>Hands in Straps (Reverse Abdominals with Straps)</b> <b>-Single Leg Stretch</b> <b>-Double Leg Stretch</b> <b>-Double Leg Stretch/Curl Up</b> <b>-Stay Curled - T Arms/Single Leg Stretch</b>	20 sec. each variation	1 medium		Platform extender above springs, start on back/head toward front edge of carriage, hands hold above the metal, arms straight
<b>1 Foot in Strap</b> <b>-Scissor Legs</b> <b>-Hover Bottom Leg - Circle Strap Leg (Both Directions)</b> <b>-Shoulder Stand/Scissor Down</b>  <b>Complete Side 2</b>	30 sec. each	1 heavy		R long strap on R foot, optional curl with opposite hand holding head/reaching other hand forward/straight
<b>Figure 4 Stretch (Both Sides)</b>	20 sec. each			