

Slow Foundations (No Props)

Flow

Exercise	Reps	Springs	Props	Direction
Feet in Straps -Lowers/Lifts -Stag -Short Spine (with rotation)	2 min. lower/lift 1 min. stag 3 short spine	1 heavy & 1 medium		Long straps on feet, start with heels together & toes outward, short spine starts in parallel
Hands in Short Straps -Arms Stay Up - Alt. Single Leg Stretch -Slice Arms Down/Up - Legs Stay in Table Top -Hold Arms Down - Tricep Press -C-curve - 100's	30 sec. each Full sett of 100's			Table top legs, arms to ceiling, feet pointed
Side Lying -Single Leg Footwork -Hold Halfway - Rotations -Pulses	1 min. 30 sec. Rotations 20 sec. pulses			R forearm on carriage/against shoulder rests/facing side/R leg bent, L foot flat against bar, bottom leg stays bent on carriage
Thigh Stretch	30 sec.			Knees against shoulder rests, hold sewn part of straps, arms straight
Complete Side 2 -Side Lying Footwork (R Foot on Bar)	Reps listed above			
Seated (Hands in Straps) -Roll Back/C-curve/Shoulder Press with C-curve/Return -Hold C-curve - Shoulder Press	30 sec. combo. 15 sec. shoulder press	1 medium		Sit facing risers, legs crossed
Kneeling Side - Arms -External Rotations	30 sec.			Side kneeling - L hand in long or short strap, elbow into side of body

Exercise	Reps	Springs	Props	Direction
Down Stretch	1 min.			Feet against shoulder rests, hips low/diagonal body, hands on bar
<i>External Rotations on Side 2</i>	30 sec.			R hand in long or short straps, kneel
Lunges (Holding Bar) -1 Hand on Bar -No Hands -Pulses	1 min. both hands on bar 30 sec. no hands 15 sec. pulses			R foot on floor/R side of machine, L foot against shoulder rest, hands on bar
Up Stretch	30 sec - 1 min.			Feet flat in front of shoulders rests, hands on bar
<i>Lunges on Side 2</i> -1 Hand on Bar -No Hands -Pulses	30 sec. each			L side of machine/L foot on floor
Side Split/Rotations Combo.	1 min.			Fingertips to temples, L foot on platform, R foot on carriage
Roll Down/Up	3			Stay standing/roll down through each part of spine