

Spicy Foundations (Box)

Flow

Exercise	Reps	Springs	Props	Direction
-Alt. Chest Expansion/Roll Back (x3 Press) -Alt. High Row/Roll Back (x3) -Alt. 1 Leg Roll Down -Hold Curl/Table Top - 3 Rows	3 presses with 1 roll back 30 sec. each variation 3 combo - table top rows	1 medium	Box	Long box on carriage, sit facing risers, hold high/on knots, feet on headrests
Reverse Crunches (1 Strap Above Knee) -Elbow to Knee (L Side) -Hollow Hold - 1 Leg Kick (L) -Alt. Kick/Upper Body Curl Complete Side 2 Both Straps Above Knees -Reverse Crunches (Center) -Alt. Twist -Center Pulses (Straight Legs)	10 elbow to knee 5 each Part 2: 4 each way 8 Pulses center			Long strap above L knee, hands behind head, R leg stays still/straight, R elbow to L knee on twist
Prone on Box -Hamstring Curls -Pulses -Extend/Bend -Hamstring Curls (Parallel) REPEAT Swan	1 min. 20 sec. Bend/stretch 20 sec. pulses (3x everything)			Long straps on arches, lying on box, hands on edge of carriage/body facing bar/on stomach
Bridges -Hamstring Curls -1 Leg Bridge - Figure 4 -Up/Down Hips -Press Out/Cross/Lower/Lift -Side 2		1 medium & 1 light		Legs together, arches on bar Single leg - 1 foot on bar/1 leg crossed over like a figure 4 position

Exercise	Reps	Springs	Props	Direction
Hands in Straps -Bend & Stretch/Arms Windshield Wiper -Combo. - 1 Arm Ceiling/1 Arm Side - Adding Single Leg Stretch -T Arms/Legs Straight - Open/ Close Arms/Add Double Leg Stretch or Hold Legs Stretched	20 sec. each 5 each side on combo. 20 sec. T arm variation	1 light		Hands in long or short straps, legs start in table top
4 Pt. Kneeling - 1 Foot in Strap -Leg Sweep -Big Circles (Both Directions) -Bend/Stretch	30 sec. leg sweep 10 circles each way 10 bend/ stretch			Body facing risers/slightly diagonal, L strap on L foot, R hand on headrest, L hand on top of shoulder rest, R knee on carriage
Standing Flat Back Forward/ Split Stance -1 Arm Row -1 Arm Row/Sweep Opp. Arm -Side 2	30 sec. each			Facing risers/standing, L foot on floor, R toes on platform behind you, R hand holding above metal on rope
Side Standing -Side Lunges -Combo. - Side Lunge/Reach Across/Come Back in -Side Splits -Splits/Reach Across	3 side lunges 6 combos 6-8 side splits 6-8 side splits/reach across			Bar down slightly, L foot on platform, R foot on carriage
Center Plank (Hands on Platform) -Slides -Bend/Stretch	20 sec. each			Hands on platform, feet against shoulder rests
Side 2 - Side Standing Section	Reps listed above			L foot on carriage, R foot on platform
Stretches -Seated Forward Fold -Monkey Stretch	10 sec. each			Straddling carriage/facing foot bar Monkey - hold bar/sit on carriage