

Looped and Loaded Part II (Loop Band)

Flow

Exercise	Reps	Springs	Props	Direction
Standing Warm Up -Reach Up/Side to Side Reach/ Roll Down -Squats -Squat/Alt. Knee -Squat/Alt. Knee with Twist -Turned Out Squats -Squat/Alt. Side Bend -Squat/Alt. Side Bend with Pulse/Reach	10 sec. 20 sec. each	1 heavy		Hands behind head for squat section
On Carriage -100's (Band) -Bicycles	Full set of 100's 10 bicycles		Band	Band around feet, facing at an angle on carriage
Standing (on Band) -Scooter -Alt. Scooter/Row -Scooter with Row -Rows Only	20 sec. each 10 rows			R foot on floor/standing on band, holding band in R hand, L foot on platform, L foot against shoulder rest
Deadlift (Holding Band)	10			Place back toes on frame
Standing Independently from Machine (Foot in Band) -Scooters (Holding Bar) -Scooters (1 Arm) -Scooters (No Arms)	10 each			L foot on floor, L foot on bar, R foot/leg pressing back through band
Bridges -Hips Lifted - March Up to Bar/ March Down to Platform -Split Stance (1 Foot on Bar) -Up/Down -Alt. Hamstring Curl/Open & Close Band -1 Leg on Bar -Alt. Hamstring Curl with Tuck/Open & Close Band Complete Side 2 Bridge Work	20 sec. marching -5-8 for single leg work			Single leg work - 1 heel on bar

Exercise	Reps	Springs	Props	Direction
Hands in Straps -Arms Press/Lift -Press/Circle Around -Press/Circle Around/Curl Up	30 sec. Each			Hold above knots, band around feet
Complete Side 2 -Entire Scooter Section/Rows -Deadlift -Non-Machine Scooter Section	Reps listed above			Stand on L side of machine
Reverse Plank Tucks (Jackrabbit)	10	1 light		Band around shoulder blocks, bar all the way down, hands on frame/near risers, feet behind band/shoulder blocks
Standing in the Well/Back -Low Lunge Hold - Knee Tuck -Kick Through Pikes -Alt. 3 Knee Tucks/3 Kick Through Pikes	10 knee tucks 5 pikes Combos - 3 (x3 each)			R foot in the well/body facing risers, L foot behind shoulder blocks
Repeat Jackrabbit	6			
Complete Side 2 Knee Tuck/Pike Section	Reps listed above			L foot on floor/well/R foot behind band/shoulder blocks
Repeat Jackrabbit	6			
Child's Pose on Carriage	10 sec.			
Seated 1 Leg Carriage Press/ Bicycle (Both Sides)	10 each side			Sit on platform, R arch/heel against edge of carriage, hands behind head, L leg extended/lifted
Double Leg Carriage Press/ C-Curve	10			Both feet against edge of carriage, c-curve
Alt. Full Plank/Press/Pull In/ Kneeling Push-up	5 combo.			Hands on platform, feet against band, knees start up/ drop on carriage on push-up
Stretches (Band) -Hamstring -IT Band/Across -Open to Side Complete Side 2	15 sec. each position Both sides	1 light or extra light		Band on 1 foot, hold band, opposite foot on floor/ planted