

Lycra Legs (Platform Extender)

Flow

Exercise	Reps	Springs	Props	Direction
Elephant -2 Legs -1 Leg -1 Leg (Side 2)	30 sec. each	1 heavy & 1 medium	Platform extender	Bar up, hold bar, feet flat on carriage/against shoulder rests, platform extender on
Mt. Climber (Knee Tuck) (Both Sides)	15 sec. each side			Hold bar, 1 heel against shoulder rest, 1 leg in the air
Thigh Stretch	30 sec.			Kneeling facing risers, knees against shoulder rests, hold tightest part of straps, arms straight
Hands in Straps (Turned Out) -Curl Up/Extend Legs -Curl Up/10 Heel Beats (x3) -Tricep Press/Frog Press -Add Arm Pumps -Arm Pumps/Legs Opening & Closing	30 sec. curl up/extend 3 sets heel beats 30 sec. tricep press/ frog press 20 sec. arms Arms & legs (x3)			Hands in short straps, start in table top
Calf Raise (Leg to Ceiling) -Add Hip Circle with Top Leg -Side 2	5 circles each way with calf raise (10 total) (each side)			Toes on bar, parallel
Bridge -Up/Down -Hamstring Curls -1 Leg Hamstring Curl - Kick -Add Hip Circle -Side 2	20 sec. up/ down & hamstring curls 5 with leg circle			Toes on bar, hips distance, arms down or up

Exercise	Reps	Springs	Props	Direction
1 Foot in Strap (1/2 Side Lying) -Side Donkey Kick/Hip Lift -Leg Sweep/Hip Lift	5 each	1 light		R hand on headrest, bar down, L foot in long strap, L hand behind head, R knee & hip on carriage
Standing Arabesque Sweep	8			R toes on carriage, L foot stays in strap, hands on shoulder rests
Kneeling -Semi-Circle Leg Sweep -Side Donkey Kick	30 sec. 6 donkey			R forearm on carriage, L hand holds shoulder rest, R knee on carriage
Reverse Abs (Hands in Straps) -Double Leg Stretch -Curl Up to Teaser -Hold Arms - Scissor Legs	30 sec. each 15 sec. scissors	1 medium		Hands in short straps, take out shoulder rests
Complete Side 2 -Side Donkey Kick/Hip Lift Section/Arabesque Leg Sweep/ Arabesque/Semi-Circle Section	Reps listed above	1 light & 1 heavy		Place shoulder rests on, R foot in long strap
1 Foot in Strap -1 Leg Lower/Lifts -Figure 4 Short Spine -Figure 4 Short Spine/ Straighten Top Leg/Roll Down -Side 2	30 sec. lift/ lowers 3 short spine 3 with bend/ stretch top leg			R foot in long strap, L leg bent in table top, R leg long to ceiling to start -short spine - cross free leg over strap leg