

Push & Pull with Karis (Light/Medium Weights, Box, Platform Extender)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork (Dumbbells) -Breathing -Tailbone Tucks -Heels/Parallel - Full Press (Arms Frontal Raise) -Pulses/Arms Holding Up -Toes/Parallel - Full Press (Arms Narrow Press) -Calf Raise/Overhead Tricep -Hold Halfway In - Calf Raises/Arms Holding Up -Hold Halfway In - Calf Raises/Arms Pec Fly -Hold Halfway In - Pulses/Arms Hold Up & Together	3 breaths 3 tail tucks 30 sec. full presses/10 sec. pulses 30 sec. full press legs 20 sec. calf raise/triceps 20 sec. each on halfway section	3 heavy	Dumbbells	Heels on bar/hips-distance, dumbbells in both hands
Core -Alt. Curl/Skull Crusher/1 Leg Extension (or 2 Leg Extension)	30 sec. total		1 dumbbell	Reach dumbbell to sky/above chest, table top legs
Bridge Section -Rolling Up/Down -Hinging Up/Down -Pulses -Hold	30 sec. up/down each 10 sec. pulsing 10 sec. hold			Heels on bar, dumbbell reaching to ceiling
Kneeling Arms (1 Strap & 1 Dumbbell) -Overhead Press/Offering Combo. -Chest Fly/Half Circle/Overhead Press Combo.	30 sec. each			Kneeling facing bar, L hand in short strap/palm up/elbow in, dumbbell in R hand/elbow narrow
Side Car Position -Roll Back (Dumbbell at Chest) -Hold Back - Alt. 1 Leg Press/Knee Tuck/Reach Dumbbell -Hold - Leg Lifts	30 sec. roll back 30 sec. leg press 10 leg lifts	1 medium	1 dumbbell, box	Side car position with long box on L side of machine, sit on box facing shoulder rests/risers, feet on box/legs long, dumbbell at chest, feet against shoulder rests

Exercise	Reps	Springs	Props	Direction
Standing on Box -Squat/Deadlift Combo. -Hold Squat - Narrow Row -Pulse Squat - Hold Row	30 sec. each 10 pulses			Stand on box/diagonal, hold dumbbell, place dumbbell in short strap, arms straight, sit into squat
Standing 1 Leg Sequence -Alt. Split Squat/Row/Overhead Press -Hold Low/Row/Overhead Press -Hold Low - Pulses	30 sec. each 10 pulses			R foot on box, L hand in long strap, dumbbell in R hand, L foot on bar
Standing 1 Hand in Strap -Straight Arm Sweep -Tricep Press	20 sec. each	1 medium		Short box on carriage, dumbbell on headrest to get set up, L hand/fingertips on box, R hand in long or short strap/arm straight to start
Box Plank -Pikes -Alt. Center Pike/Dumbbell Renegade Row -Hold Side Plank - Pulse Hips	3 center pikes 6 renegade row 6 pulse hips	1 medium or 1 light	1 dumbbell	Feet on platform extender, hands on box, dumbbell in R hand for row
Complete Side 2 -Kneeling Arms Sequence -Side Car Roll Back/Knee Tuck -Side Car Standing Sequence -Standing 1 Leg Sequence -Standing 1 Arm Sweep -Box Plank/Dumbbell Pike	Reps listed above	1 medium		Move box to side 2 in side car position
Standing Cat/Clow	30 sec.			Stand behind foot bar, hands on carriage or box