

## Restore with Abbey (Box)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Standing (Floor) - Holding Box</b> <b>-Cat/Cow</b> <b>-Shoulder Press/Jump</b> <b>-1 Arm Tricep Press (Each Side)</b> <b>Standing on Bar - Holding Box</b> <b>-Cat/Cow</b> <b>-Plank</b> <b>-Lunge/Flamingo Pike/Kick (R)</b> <b>-Flamingo Pikes (R)</b>	20 sec. cat/ cow 10 shoulder press/jumps 8 tricep presses on each side 20 sec. cat/ cow 10 sec. plank 8 flamingo pike/kick 8 flamingo pikes	1 light	Box	Long box on carriage, bar down completely, hands against box, feet flat on ground in front of bar to start
<b>Side Plank Sequence</b> <b>-Alt. Tuck/Side Kick</b> <b>-Hold - Hip Dips</b>	10 each			R forearm on box, L arm to ceiling, toes facing L side on platform
<b>Standing on Platform/Box</b> <b>-Front Lunge/Twist &amp; Reach</b> <b>-Hold Lunge Stretch</b> <b>-Hamstring/Split Stretch</b>	5 lunges 10 sec. stretches			L foot on platform, R foot middle of box, hands behind head
<b>Side Lying (1 Hand in Strap)</b> <b>-Arm Back &amp; Forth</b> <b>-Arm Down &amp; Up</b>	8 sweeps back/forth 8 up/down			L forearm on headrest, L leg straight/lifted, R hand in short strap
<b>Side Lying (1 Foot in Strap)</b> <b>-Leg Back &amp; Forth</b> <b>-Banana - Inner Thigh Pulses</b> <b>-Hold - Top Leg Pulses</b> <b>-Combo - Scissor Sweep/Bend In/Kick Away to Banana</b>	8 each 5 combos			L foot in long strap, leg long, head resting in hand
<b>Seated Inner Thigh Pull</b> <b>Standing Inner Thigh Pull</b>	10 each			Strap around ankle/standing facing away from machine for standing inner thigh pull
<b>Standing Knee Tuck</b>	10			Hold bar with outside arm, face front, stand on R leg
<b>Standing Inner Thigh Pull (Holding Bar)</b>	10			Body at a diagonal

Exercise	Reps	Springs	Props	Direction
<b>Floor (Strap Stays on Foot)</b> -Plank - Alt. Front & Lateral Knee Pull	30 sec.			
<b>Standing (Strap Behind Knee)</b> -Lunge (Goal Post Arms) -Pulses	10 full 10 pulses			L leg front/facing same direction as risers
<b>Lying on Stomach (1 Hand in Strap)</b> -1 Arm Bicep Curl	10			L hand in short strap, R hand on box, lying on stomach, legs long
<b>Down Stretch</b>	8			Hands on platform, knees on box
<b>Seated Arms</b> -Rowing Front I & II	6 each			Sit on box facing bar/legs long, hands in long straps
<b>Work Backward</b> -Start with Bicep Curl on Stomach & complete flow, ending with Side Plank/Dips/ Flamingo Lunge/Kicks	Reps listed above			
<b>Reverse Abs Straps Above Knees)</b> -Upper Body Curls -Full Reverse Curl -Pulses -Double Leg Stretch -R Leg - Elbow to Knee/Pulses -L Leg - Elbow to Knee/Pulses	10 each			Sit on box facing risers, straps above knees, hands behind head
<b>Pigeon on Box (Both Sides)</b> -Add Side Bend	20 sec. each			R leg bent on box, L knee on headrest