

## Strength Focus with Jen (Med/Heavy Dumbbells, Box, Loop Band)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Footwork (Band)</b> -Heels - Press Band -Pulses	1 min. full 20 pulses	2 heavy 1 medium	Loop band	Bar up, band above knees, platform extender on
-Alt. 1 Leg Footwork (Toes) -Hold Out - Knee Pulse (R & L)	10 each			Keep band
<b>Side Forearm Plank</b> -Alt. Tuck/1 Arm Open Row -Pike/Thread the Needle -Hold Side Plank	10 each 10 sec. hold	1 medium	Box, 1 dumbbell	Short box in front of shoulder rests, dumbbell in L hand, feet/legs tandem on platform extender, R forearm on box
<b>Staggered Stance</b> -Squat (1 Foot on Carriage) -Alt. Squat/Carriage Press	10 each			Band above knees, stand behind carriage/machine, L foot on floor, R foot on carriage/leg against box
<b>Standing on Carriage/Platform</b> -Reverse Skater/Reach Front -Reverse Skater/Sweep Arm -Low Skaters -Hold Low - Pulse Band with Platform Leg	10 skater/ front reach 5 skater/ sweeps 10 skater 20 pulses			R foot on carriage, L foot on platform
<b>Straddle Box (1 Strap/ 1 Dumbbell)</b> -Grande Plie/Overhead Press -Alt. Plie/Close Arms/OH Press -Hold Plie - Pulse Arms (Clasp Hands Together)	10 each	1 light		R foot on headrest, L foot on carriage, dumbbell in L hand, strap above R elbow
<b>Side Bend Position</b> -Side to Side -Rotated (Up/Down)	10 each			Hands behind head, L foot in strap/platform, R leg bent on box, body sideways
<b>Kneeling Front Lunge</b> -Alt. Lunge/Row -Lunge/Curl/OH Press -Pulse Carriage Leg	10 each		2 dumbbells, box	Short box at back of rails, L knee on box/body facing headrest, dumbbells at sides in both hands, R foot flat on headrest

Exercise	Reps	Springs	Props	Direction
<b>-Kneeling Box Pull Up</b> <b>-Tricep Push-ups</b>	5 each	1 light		Kneel on carriage, flat palms on box,
<b>Side 2</b> <b>-Kneeling Front Lunge Sequence/OH Press/Pulses</b>	Reps listed above	1 medium		L foot on headrest
<b>Side 2</b> <b>-Side Bend/Rotated Lifts</b> <b>-Straddling Box Section</b> <b>(Grande Plie/OH Press Sequence)</b>	Reps listed above			Short box in front of shoulder rests
<b>Side 2</b> <b>Staggered Stance Section</b> <b>-Squat (1 Foot on Carriage)</b> <b>-Alt. Squat/Carriage Press</b>	Reps listed above			L foot on carriage
<b>Side 2</b> <b>Standing on Carriage/Platform</b> <b>-Skater Section/Sweeps</b>	Reps listed above			L foot on carriage, R foot on platform
<b>Side 2</b> <b>Side Forearm Plank/Dumbbell</b>	Reps listed above			