

Classical Fusion 2.0 (Box, Sticky Mat, Extender)

Flow

Exercise	Reps	Springs	Props	Direction
Seated Arm Work -Hug a Tree -Serving -Rowing III	30 sec. each	1 heavy		Start sitting facing foot bar, bar down, hold short straps, legs straight in front for serving
Plank -Pikes -1 Leg Pike - Elephant/ Arabesque Kick -Reach Forward -Circle/Reach	30 sec. each 3 circle/ reach variations	1 heavy & 1 light	1 platform extender	Hands on bar, heels against shoulder rests, L leg for single leg
Front Splits -Up/Down Lunge -Bend/Stretch -Up/Down Straight Leg Split <i>*Optional - Completely Parallel Legs/Full Splits</i>	20 sec. each 1 min. full splits			R leg facing the R side, L foot on bar/toes
Side 2 -1 Leg Arabesque Pikes/Kick Through/Circles -Front Splits Variation	20 sec. each 1 min. full splits			
Hands in Straps -Circle Arms/Curl/Extend Legs -Reverse Circle -100's	30 sec. each direction Full set of 100's	1 heavy & 1 medium		Short or long straps in hands
Stomach Massage -Hands Behind -Add Rotation to L -Forward Reach	20 sec. each	1 heavy & 1 light	Sticky mat	Bar up, toes on bar/Pilates V
Chest Expansion -Tricep Press	30 sec. each	1 heavy		Knees against shoulder rests, hands in short straps
-Flamingo Pike/Arabesque -Lunge/Hinge -Slow Scooter -Pulses	30 sec. each			R side/R foot on floor, L foot against shoulder rest, hands behind head for hinging lunge
Tendon Stretch with Tricep Dip	45-60 sec.			Arches on edge of carriage

Exercise	Reps	Springs	Props	Direction
Side 2 -Flamingo Pike/Arabesque -Lunge/Hinge -Scooter/Pulses	Reps listed above			L side
Pulling Straps I / 5 Heel Beats	30 sec.	1 heavy	Box	Long box, chest slightly off, holding above where the straps are sewn together, arms next to you
Kneeling Arabesque Sweep	10			L knee on box, hands on box, R foot in long strap,
Breaststroke	30 sec.	1 medium		Hands in short straps
Side 2 -Kneeling Arabesque Sweep	10			L foot in long strap
Thigh Stretch	30 sec.	1 heavy & 1 medium	No box	Cross straps, knees against shoulder rests
Rollover -Jackknife	30 sec. each			Hands in short straps
Feet in Straps -Semi-Circles Back & Forth -Lowers/Lifts -Stretch	30 sec. each			Feet in long straps