

Upper Body Basic (Box, Resistance Band)

Flow

Exercise	Reps	Springs	Props	Direction
Footwork (Band) -Pilates V/Heels -Full Press/Pulse/Band Pulse -1 Leg Footwork (Toes/Foot in Band for 1 Leg Stretch) -1 Leg Press/Bend 7 Stretch -Hold Press - Kicks -Pulses (Bottom Leg) -Complete Side 2 (Single Leg)	30 sec. full presses 10 pulses 10 band pulses Single leg work - sets of 10 on everything	2 heavy, 1 medium	Band	Heels on bar/Pilates V for double leg footwork
Bridge (Band - Seatbelt) -Fully Up/Down -Hold Up - Hamstring Curl -Pulses	30 sec. up/down 10 hamstring curls 10 pulses			Band around hips like a seatbelt, heels wide on bar)
Kneeling Side Plank (1 Arm) -Open & Close -Open/Thread the Needle -Hold Open - Extend Top Leg -Side Stretches (R & L)	3 each 10 sec. hold/top leg extended	1 medium	Box	Short box position, knees on box, R hand on bar
Side Splits (with Band) -Regular Open/Close with Band -Open/Rotate Toward Bar -Pulses (Carriage & Band)	30 sec. open/close 5 with rotations 10 pulses		Band, box	R foot on platform, L foot on carriage, band in both hands/ behind shoulder blades, elbows narrow
Skater Lunge/Overhead Reach -Hold Lunge - Push & Pull Carriage/Open & Close Band	10 each			
Seated Arms (Hands in Straps) -Alt. Draw a Sword/Overhead Reach with Side Bend -Hold Side Bend - Just Reach	10 combos. 6 reaches			Straddle the box/facing sideways, front strap in R hand, back strap in L hand, short straps for heavier resistance

Exercise	Reps	Springs	Props	Direction
Side Lying -Tricep Press/Leg Extension -Hold Tricep Press/Leg Sweep -Hold Tricep Press/Leg Lifts	10 each		Band, box	Wrap hands around band 2x, L hip on box, L hand on headrest with band, stack hips/legs, lift feet
Seated Arms (Resistance Band) -Press with Flexion -Press with Extension	10 each			Seated on box/legs heavy over bar, band against shoulder blades, palms down
Complete Side 2 Side Lying Sequence with Band	10 each			
Complete Seated Arms (Hands in Straps) on Side 2 -Alt. Draw a Sword/Overhead Reach with Side Bend	10 combos. 6 reaches			
Side Splits & Skater Lunge Sequence on Side 2	Reps listed above			L foot on platform, R foot on carriage
Kneeling Side Plank/Thread the Needle on Side 2	Reps listed above			L hand on barr
Feet in Straps -Lowers/Lifts -Pilates V -Circles -Stretch	5 lower/lift 30 sec. frogs 10 circles 20 sec. stretch	1 heavy, 1 light, 1 medium		Long straps on feet