

## Box Office (Box)

### Flow

Exercise	Reps	Springs	Props	Direction
<b>Side to Side Lunge/Box Push</b> <b>-Add Rotation/Reach R Arm</b>	30 sec. each	1 light	Box	Short box in front of shoulder rests, L hand against front of box, turned out stance, platform extender on
<b>Kneeling Bird Dog/Push Box</b> <b>-Plank - Outside Knee Tucks</b>	30 sec. bird dog/box pushes 20 sec. knee tucks			Hands and knees on floor, inside hand against box/ pushing back
<b>1/2 Kneeling Inner Thigh Pull</b> <b>-Add Rotation Toward Carriage</b>	30 sec. each			L foot on floor/in the well, R knee on carriage, hands behind head
<b>Side Forearm Plank</b>	30 sec. hold			Feet in the well, top L leg in the air, R forearm on box
<b>Standing Cat/Cow with Squat</b> <b>(Holding Box/Standing in Well)</b>	30 sec.			Hands against box, standing in well/facing box
<b>Complete Side 2</b> <b>-Side to Side Lunge/Box Push</b> <b>-Kneeling Bird Dog/Box Push/</b> <b>Outside Knee Tuck in Plank</b> <b>-1/2 Kneeling Inner Thigh Pull</b> <b>-Side Forearm Plank Hold</b>	Reps listed above			
<b>1 Strap on Foot</b> <b>-Scissors</b> <b>-Add C-Curve</b> <b>-Add 1 Leg Bridge</b> <b>-Alt. Bridge/Scissor</b> <b>-Just Bridge Lifts</b> <b>-Hamstring Curls</b>	20 sec. each 10 sec. bridges 20 sec. curls	1 medium & 1 light		Bar completely down, box on rails, R long strap on R foot, L leg long
<b>1 Strap in 1 Hand</b> <b>-Knees Open on Curl</b> <b>-Extend Legs on Curl</b> <b>-Reach Toward R Side/Scissors</b> <b>-Hold Curl - Just Scissors</b>	20 sec. each 20 sec. scissor legs 10 sec. scissors			R hand in R long strap, L hand on top of R hand, toes together to start

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<b>Complete Side 2</b> <b>-1 Strap on Foot/Bridge/</b> <b>Scissor Section</b> <b>-1 Strap in 1 Hand/Abdominals/</b> <b>Scissor Section</b>	Reps listed above			Start with L foot in long strap
<b>Standing Section</b> <b>-Lunges</b> <b>-Lunge with Straight Back Leg</b> <b>-Side Lunge Toward Carriage</b> <b>-Pulses</b> <b>-Side Forearm Plank</b> <b>-Pike/Thread the Needle</b> <b>-Hold Plank</b>	30 sec. lunge 20 sec. straight back leg 30 sec. side lunge 10 sec. pulses 5 pikes 5 sec. hold	1 light or 1 medium		Same box set up, L foot on carriage/middle, R foot on top of box, arms clasped together Side lunge - lunge to L carriage leg Plank - R forearm on box, legs tandem on carriage
<b>Center Plank</b> <b>-Alt. Walk Up/Down/Knee Tuck</b>	30 sec.			Alternating walking down to forearms/up to hands/tucking knees
<b>Complete Side 2</b> <b>-Lunge Section</b> <b>-Side Lunges</b> <b>-Side Plank Section</b>	Reps listed above			
<b>Prone - Straps in Hands</b> <b>-Shoulder Press</b> <b>-Bicep Curl</b> <b>-Alt. Cobra Stretch/Bicep Curl</b> <b>-Shoulder Press</b>	8 each 30 sec. cobra/curl 20 sec. shoulder press	1 medium		Long box position, short straps in both hands, on stomach on box, legs long
<b>Kneeling Cat/Cow</b>	3			Hands and knees on box