

Thigh Sculpt (Box, Magic Circle, Sticky Mat)

Flow

Exercise	Reps	Springs	Props	Direction
4 Pt. Kneeling -Alt. Wheel Barrow/Kneeling Tricep Push-up. -Alt. Wheel Barrow/Thread the Needle/Tricep Push-up (Alt. Sides on Thread the Needle)	30 sec. combo. 1 min. thread the needle combo.	1 medium	Platform extender	Take off shoulder blocks, if possible, bar down, start with hands on platform & knees on carriage
Seated Core Work (Circle) -Seated Curl/Squeeze Circle -R & L Twists -Twist L (L Leg Lifted) -Twist R (R Leg Lifted) -Roll Back (Legs Straight)	20 sec. each 45-60 sec. roll back with straight legs		Magic circle	Feet in front strap/feet on platform, circle between knees, hands behind head/ sitting toward front of carriage
Hamstring Stretch with Circle (Both Sides)	10 sec. each side			1 foot in circle lying on back
Standing Series -Alt. Squat/Squeeze/Stand -Add Rotation Over Front Leg -Hold Low - Press Carriage -Curtsy to Floor Complete Side 2	30 sec. each			L foot on platform, R toes on carriage, circle at chest to start
Feet in Straps (Circle/Thighs) -Lowers/Lifts -Bend/Stretch (Frogs) -Hold Frog - Curl Up/100's Hands in Straps -Curl Up - Extend Arms & Legs	30 sec. each Full set 100's 30 sec. curl up/extend	1 medium & 1 heavy	Magic circle	Put shoulder rests on again, feet in long straps, circle above knees for entire section
Hands in Straps (No Circle) -Curl/Press/Double Leg Lift -Rollover	30 sec. curl 1 min. rollover			Hands in short straps

Exercise	Reps	Springs	Props	Direction
4 Pt. Kneeling - 1 Strap on Foot -Donkey Kick -Rainbow Leg/Knee to Knee Side Mermaid (Strap Leg Straight/1 Hand Down) -Lift Hips -Stay Lifted - Circles	10 each	1 light		Facing risers on all 4's, hands on carriage, L knee on carriage, R foot in long strap L hand on headrest for hip lifts
Short Box - 1 Hand in Strap -Side Reach with Side Bend -Arm Sweep (Strap) with Leg Sweep (No Strap)	30 sec. each	1 light	Box	Short box, R knee bent on carriage, L hand in short strap, L leg bent on box
Side Forearm Plank Hold -Tiny Lifts	10 sec. hold			L forearm on box, R arm to ceiling, feet tandem on platform extender
Side 2 -Side Reach with Side Bend -Arm Sweep with Leg Sweep -Side Forearm Plank Hold with Tiny Lifts	Reps listed above			
Side 2 -4 Pt. Kneeling Donkey/ Rainbow Leg Sequence -Hip Lifts/Circles (Side Lying)	Reps listed above			
Prone -Press Out/Cobra Combo. -1 Hand - Press (R & L)	30 sec. each Full set 100's 30 sec. curl up/extend 10 single arm presses	1 medium		Lying on stomach, legs long/ slightly outside of risers, hands on top of platform extender Press - 1 hand behind back
Elephant -Add Stretches (R & L)	20 sec. each	1 medium & 1 heavy		Bar up, heels against shoulder rests