

Long Lean Extra Mean (Box, Pole, Ball)

Flow - Part 1

| Exercise | Reps | Springs | Props | Direction |
|--------------------------------|------|------------------|-------|---|
| Kneeling Down Stretch | 10 | 1 heavy, 1 light | | |
| Kneeling Long Stretch | 10 | | | |
| Up Stretch | 15 | | | |
| Tucks | 10 | | | |
| Lunge | 10 | | Pole | L. Foot comes on top of the footbar, R. Foot against shoulder block |
| <i>Split</i> | 8 | | | |
| Lunge side 2 | 10 | | | |
| Split side 2 | 8 | | | |
| V Sit-up | 5 | | | |
| V Sit-up with Leg Split | 5 | | | |
| Hundreds | 10 | | | Pole comes behind the knees |

Flow - Part 2

| Exercise | Reps | Springs | Props | Direction |
|------------------------------|------|---------------------|-------|--|
| Side Split with Hinge | 12 | 1 medium or 1 light | | L. Foot on platform, R. Foot on the carriage |
| Side Skater | 12 | | | R. Hand reaches down, L. Hand reaches up |
| Back Splits | 8 | | | L. Foot comes onto the footbar |
| Back Lunge | 8 | | | |

| Exercise | Reps | Springs | Props | Direction |
|--|------------|----------|-------|---|
| Leg Lowers | 10 | 1 medium | Pole | Pole comes through straps, feet come in top of the pole |
| Modified Short Spine | 10 | | | No scoop |
| Leg Lowers with Curl-up | 10 | | | |
| Slow Hundreds | 10 | | | |
| Short Spine | 10 | | | |
| Scoop Roll-ups | 30 seconds | | | |
| <i>Repeat lunges on the other side</i> | | | | |

Flow - Part 3

| Exercise | Reps | Springs | Props | Direction |
|---|------------|----------|-------|---|
| Single Leg Lowers with Double Heel Beat | 15 | 1 light | Ball | Ball as headrest, R. Foot in the strap, laying on your side |
| Scissor | 60 seconds | | | |
| Flying Lunge (side to side) | 60 seconds | | | Footbar comes up |
| Repeat side laying work on the other side | | | | |
| Swan Dive | 2 minutes | 1 medium | Box | Short box, hands on footbar, laying on box |
| Standing Cat Cow | 1 minute | | | Feet in the well |