

Exercises for Supreme Toning Tower

STRAPS IN FEET:

1. Bicycles
2. Frog Kicks
3. Coordination (Hands by hips, hands inside/ legs in V, hands by hips)
4. Planks (straight lower body move up and down)
5. Leg Circles
6. Short Spine
7. Scissor Kicks
8. Stag
9. Lower Legs Slowly, Lift Up (4 Down, 1 Up)
10. Ball b/t ankles
11. Leg Lifts
12. Big Circles Clockwise/ Counter clockwise
13. Pedal Pushers
14. Pilates V Heel to Heel- In and Out
15. Tendu laying on one side- Heel to Heel 1st Position
16. On Belly- Glute Lift, hands on mat or pull through bar
17. Ball b/t Ankles Lift and Lower Hips
18. Drop Legs 30 Degrees/ 50 Degrees

STRAPS WITH HANDS:

1. Torso Circle
2. Hands Behind Head:: Left Elbow to right side, Right Elbow to left side
3. Chest Press Straight Out then Overhead (Superman)
4. Chest Press Straight Out (back to Tower)
5. Bicep Curls --Hands inside the springs
6. Tricep Press --Hands outside the springs
7. Kneel Facing the Tower: Tricep Pulse
8. Abdominal Roll Down, Shoulder Squeeze
9. Arm Beats-- Legs at Tabletop, hands down by hips and push
10. Sit Up- Hug A Tree
11. Feet on Tower: Hands Up, Elbows in line with Shoulders, bring hands back
12. 100's
13. Ball b/t ankles, hands in straps, Extend, Hold for 8

PULL THRU BAR:

1. Teaser
2. Back Extension: Superman with Flutter kicks
3. Bridge Extensions
4. Bridge Extensions with leg lifts
5. Side Extensions Right
6. Side Extensions Left
7. Hands on bar. Cat/ Cow Variation. Toes Together, Knees Wide
8. Bridge with Ball Up and Down
9. Squeeze Ball
10. Left Hip/ Right Hip
11. Lift and Lower
12. Pigeon
13. Childs Pose
14. (Standing) Chair
 - a. Heels Lift
 - b. Horse
 - c. Calf Raises
 - d. Lift leg to side
 - e. Leg lift behind
 - f. Body Roll
 - g. C Curve Stretch
 - h. Double Pulse to front and back leg lift
 - i. Fold forward- feet parallel and then together

SCULPTING BAR:

1. Chest Press
2. Around the World
3. Head by Tower, Extend Bar/ Extend Legs. Bar to Thighs. Return Back to Starting Point
4. Feet on Tower, Lower Body, Pull Bar to Chest, Release Bar, Lift Body Up (down, pull, release, up)
5. Singles- Legs Extend as you bring Bar to Thighs
6. Doubles
7. Reverse Standing Crunch
8. Rows (facing tower)
9. Bicep Curls - elbows in line with shoulders
10. Reverse Bicep Curls (push bar towards thighs)
11. Side Press (R/L)
12. Standing Crunch
13. Reverse Kneeling Crunch

BARRE:

1. Chair Up and Down
2. Horse
3. Push Up/ Pull Over
4. Plank Push Up- 2 Count
5. Elbow to Knee
6. Chair Squeeze Ball
7. Hips Left and Right
8. Isometric Hold
9. Big Move
10. Crescent: Down and Up, Pulse, Lift Back Leg, Speed Skater
11. Single Leg Ball
12. Side Lift
13. Back Lift
14. Combo
15. Leg Behind, Hinge Forward and Pulse
16. One Legged Chair
17. Pulse Hips
18. Extended Foot Toe Tap
19. Ext Foot Side Lift, Pulse
20. Ext Foot Back Lift, Pulse
21. Horse
22. Pulse
23. Right Heel/ Left Heel/ Alternate
24. Isometric Hold
25. Calf Raises
26. Heels Parallel
27. Heels Together
28. Heels In/ Toes Out Up and Down
29. Pulse
30. Ext Leg behind and lift
31. Up and Down Basic
32. High on Toes, Bend knees Up and Down
33. Squeeze Ball
34. Lift and Lower Heels
35. Carousel Horse- Short Crescent Lunge, High on Toes, Pulse, Prance (1, 2, 3, Hold)
36. Wide overhand grip on Barre
37. Extend leg high behind
38. Lift
39. Pulse
40. Circle

41. Demi Plie- Up on Toes, Bend Knees
42. Pelvis Tuck- Up on Toes, Tuck MOD feet on the floor
43. Pelvis Tuck Double
44. Pulse Easy Lift
45. Knees In & Out - Mod: Heels down
46. Stretch- Quad Stretch
47. REPEAT ABOVE WITH BALL INNER THIGHS
48. Back to Barre- front leg extensions- Cross in front of body and out
49. Cursty Move with Leg Lift
 - a. Foot Extended Pull in
 - b. Then Pulse Leg long behing
50. Ball on Thigh- Pulse and Lift
 - a. Extend foot and then bend, pulse and lift

YOGA

1. BALL BEHIND BACK, Straight Sit Up, Pulse, Right and Left
2. Locust
3. Childs Pose
4. Wheel
5. Cobra
6. Supine Pigeon
7. Full Pigeon
8. Spine Twist
9. Happy Babys Pose
10. Cat Cow
 - a. With One Leg Extended
 - b. With One Arm Extended
11. Easy Pose with Forward Fold
12. Garudasana
13. Wind Removing Pose

CARDIO DISC

1. Basic
2. Double Count
3. Cresent Moon
4. Knee to Elbow
5. Single Leg Twist
6. Chair Twist
7. 4 Count Down 4 Count Up

8. Knee to Elbow Pulse 4 Times