

11332NAT

EXAMPLE: MULTI-APPARATUS INTERMEDIATE PREGNANCY PROGRAM (AIME)

PIC	REPERTOIRE	REP	SP	ORDER
Warm Up (Matwork)	Wall Squats with Fitball - Parallel - Standing Hundred - Plie wide - Deep Squat Breathing Seated TX Extension Side Reach Around the World Quadraped - Tricep and Chest press-ups Kneeling Swimming Pike	8 8 8 1 6 4 each 3 each way 8 4 each 1		1
Leg and Footwork (Chair)	Doubles - TV, HW, TW - Calf Press	10	1/3 and 1/2 2/2	2
Abdominals (Chair)	WW1 with bent knees WW2 with bent knees	8 8	1/4 1/4	3
Legs Strapwork	OMIT			
Spinal Articulation (Reformer)	Semi Circle	4 each direction	1	7
Hip Flexion (Reformer)	Pregnancy Upstretch Elephant	10 10	2 1 and 1/2	8
Lunges (Reformer)	Reverse Lunge	8	1 and 1/4	9
Box Work	OMIT			
Armwork (Reformer)	Chest Expansion HAT Circles Reverse Biceps Salute			10
Additional Legs (Chair)	Standing leg press front Step up	8 4 each	1/4 1/4 and 1/1	4
Lateral Flexion (Chair)	Side Arms Kneeling	8	1/2	5
Extension (Chair)	Floor Swan	8	1/2	6
Full Body Challenge (Reformer)	Skating	10	1 and 1/4	11

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Release	Standing Roll Down – Bent Knees	3		12
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