

STAGE 1 – INTRODUCTORY TO BASIC LEVEL

- Introduce yourself and clients safely to the space and ask health screening client induction questions.

CLIENT 1: BARRELS

PIC	REPERTOIRE SELECTIONS
Abdominals (SPINE CORRECTOR)	Chest Lift, Spine Twist
Legs Strapwork (SPINE CORRECTOR)	Leg Series: Scissors, Openings, Bicycle, Helicopter
Lateral Flexion (SPINE CORRECTOR)	Side Lifts
Release (SPINE CORRECTOR & HIGH BARREL)	Waving HB: Gluteal Stretch, Hamstring Stretch, Adductor Stretch, Quadriceps Stretch

CLIENT 2: CHAIR

PIC	REPERTOIRE SELECTIONS
Leg and Footwork (CHAIR)	Doubles Heels, Toes, 'V', Heels wise, Toes wide, Calf Press
Abdominals (CHAIR)	Press Down 1, Press Down 2
Lateral Flexion (CHAIR)	Side Reach
Extension (CHAIR)	Swan Basic

CLIENT 3: CADILLAC

PIC	REPERTOIRE SELECTIONS
Leg and Footwork (CADILLAC)	Doubles Toes V, Toes Parallel, Heels Parallel, Raises, Prances
Hip Flexion (CADILLAC)	Monkey Stretch 1, 2
Addominals (CADILLAC)	Mini Rolls
Spinal Articulation (CADILLAC)	Pole Roll
Lateral Flexion (CADILLAC)	Side Sitting 1

STAGE 2 – PROGRESSIVE TO INTERMEDIATE

CLIENT 1: BARRELS

PIC	REPERTOIRE SELECTIONS
Box Work (HIGH BARREL)	Genie, Flat Back, Tilt, Twist, Climb-A-Tree
Additional Legs (HIGH BARREL)	Horseback
Lateral Flexion (HIGH BARREL)	Side Over
Extension (HIGH BARREL)	Swan
Release (SPINE CORRECTOR)	Shoulder Rolling

CLIENT 2: CHAIR

PIC	REPERTOIRE SELECTIONS
Leg and Footwork (CHAIR)	Standing Leg Press, Standing Side Leg Press
Abdominals (CHAIR)	Cat Stretch, Pike, Side Pike
Lateral Flexion (CHAIR)	Side Reach with Rotation
Extension (CHAIR)	Floor Swan

CLIENT 3: CADILLAC

PIC	REPERTOIRE SELECTIONS
Leg and Footwork (CADILLAC)	Hip Opener
Spinal Articulation (CADILLAC)	Preparation for Tower, Tower
Addominals (CADILLAC)	Bottom Loaded Roll Up
Lateral Flexion (CADILLAC)	Side Sitting 3
Release (CADILLAC)	Half Hanging