

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up	Roll Down Pelvic Curl Single Leg Stretch Criss Cross Double Leg Stretch Spine Twist Supine Roll Up Roll Over	2 2 2 2 2 2 2	3 8 8 6 each side 6 each side 8 6	1
Leg and Footwork	Doubles Heels parallel, Toes Parallel, V, Heels Wide, Toes Wide Raises Prances Liza Develope	3.5 3.5 3 3	8 10 20 8each 8each	2
Abdominals	The Hundred Co-ordination Butterfly	1 1 1	100 6 8	3
Legs Strapwork	Little Frogs Circles Extended Frog Adductor Stretch	1.5	10 6 each direction 6 both direction 5 BC	4
Spinal Articulation	Long Spine Semi Circle	1.5 1.5	8 4 each direction	5
Hip Flexion I & II	Stomach Massage - Curve - Flat Back - Reach Downstretch Upstretch 1 Upstretch2 Longstretch Elephant	3 3 2.5 1 1 1 1 1	6 6 6 8 6 8 8 8	6
Lunges	Full Lunge	1	3-5BC	7
Box Work	Short Box Series - Genie - Flat - Tilt - Twist Climb a Tree	All	6 6 6 6 3 each	10
Arm Work	Kneeling Arms Series 1-4	1	10 each	8
Additional Leg Work	Standing Abduction Standing Adduction	1	10 each	9
Lateral Flexion	Short box – Side Overs	ALL	6	11
Extension	Long Box - Breaststroke Rest Pose	1 1	8 3-5BC	12
Body Integration	Long box – Double Leg Stretch - Prep for Teaser	1	8 8	13

Release	Pole Series 1, 2 ,3 Roll Down	All	3each 3	14
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