

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up	RD (opt)	NA	3	1
	PC, CL#1, SLL, ST, H#1	NA	6-10	
Leg and Footwork	Ref Doubles: HP, TP, V, HW (3 of the 4)	2.5	6-10	2
	Raises	2.5	10-12	
	Prances (opt)		20	
Abdominals	Arms 1	1	6-10	3
Legs Strapwork	Little frogs, Openings (High), Stretch Wide	1.5	6-10	4
Spinal Articulation	OMIT			
Hip Flexion I & II	OMIT			
Lunges	OMIT			
Box Work	OMIT			
Arm Work	Supine: Openings, Switches, Overhead OR	NA	6-10	5
	• Arms Sitting Series: Lat pulls, Biceps, Hug a tree (opt), salute (opt)	1	6-10	
Additional Leg Work	Wall Glutes 1 (no wts), MC Basic Adductor, Glute Str	NA	6-10	6
Lateral Flexion	Side lifts - single OR	NA	3-5 es	7
	SC Side Lifts			
Extension	Prone Breathing, BBE (opt)	NA	6-10	8
Body Integration	OMIT			
Release	Hamstring Str w/TB supine	NA	30 sec	9
	Roll Down	NA	3	

Document
Controller

CEO - SN

Location