

11332NAT
EXAMPLE: AGEING MULTI APPARATUS PROGRAM (FRAN)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Pilates Arc)	PA Supine Arms Series and Chest Stretch PC, Pelvic Press, Hold Bridge for SLL (feet on arc) PA Chest Lift #2, Hula #2 PA Side Lifts PA Side Lying Hip Series: clams, bent knee lifts, circles PA STS	1kg hand weights	6 5 each side 6	1
Legs Strapwork (Pilates Arc)	Pilates Arc leg series: Scissors, Openings, Helicopters	N/A	8 each	2
Leg and Footwork (Chair)	Doubles: HP, TP, V, HW, TW Standing Raises and Prances in Pike Prep position Standing Leg Press	1/2, 1/3 1/4	8 10 8	3
Arm Work (Chair)	Seated on Wooden Moon Box: Seated Shrugs, Seated Triceps Prone Tricep, Prone Arm Press	2/1 1/4	6 8	4
Extension (Chair)	Swan Basic	1/3	6	5
Lateral Flexion (Chair)	Side Reach	1/3	6 each side	6
Abdominals (Reformer)	Hundred (head down, legs at tabletop)	2	10BC	7
Spinal Articulation (Reformer)	Pelvic Curl plus extension Semi-circle preparation	2.5	4 each direction	8
Hip Flexion I & II (Reformer)	Knee Stretch Reverse, Obliques Downstretch, Elephant	1 1.5	6 6	9
Lunges (Reformer)	Basic Lunge with balance challenge (hands off footbar)	1	5BC	10
Box Work (Reformer)	Long Box seated Lat Pulls Long Box Rollbacks holding hand straps	1	6 8	11
Additional Leg Work (PAP)	Doubles (Flexion and Extension, Abduction and Adduction) in parallel squat position Squats	PAP	6 10	12
Body Integration (Matwork)	Quadruped printing and knee hovers Cat Stretch Front Support	N/A	3 6 3 BC	13
Release (Matwork)	Side lying rotation Supine Glute stretch	N/A	5 each side 5BC	14