

11332NAT

EXAMPLE SOLE APPARATUS PROGRAM (STUDIO: INTERMEDIATE CHAIR)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Roll Down PC, SLS, DLS, CxCx, STS, Rollup Rollover	NA	3 6 3	1
Leg and Footwork (Chair)	Doubles: HP, TP, V, HW, TW Calf Press Standing Leg Press, Standing Side Leg Press	2	8 8 8	2
Abdominals (Chair)	Pike, Side Pike	2	6, 4 each side	3
Legs Strapwork (Spine Corrector)	Scissors, Helicopters, Openings, Bicycle	Ankle weights	6	10
Spinal Articulation (Spine Corrector)	Rollover	NA	3	11
Hip Flexion I & II (Chair)	Cat stretch	1	6	4
Lunges (Spine Corrector)	Lunge/Hip Flexor Stretch	N/A	3-5 BC	12
Box Work (High Barrel)	Genie, Flat, Tilt, Twist, Overhead	NA	6	13
Arm Work (Chair)	Prone arm press, triceps (doubles and singles)	1	6 each side	5
Additional Leg Work (Chair)	Step Up	2	8	7
Lateral Flexion (Chair)	Side Arms Kneeling	1	8	8
Extension (Chair)	Swan Basic – Single arm + rotation Floor swan + Lat presses Rest Position	1	6 6	6
Body Integration (Chair)	Torso Press Sit Teaser	1	6	9

Version

V2

2/5/2025

Next Revision Date

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Release (High Barrel)	High Barrel Stretches	NA	6 BC each	14
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