

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Pelvic Clock, PP, Hip Release Slides CL#1, SLL Quadrapped Stabilisation	NA	6-10	1
Leg and Footwork (Reformer)	Doubles: HP, TP, V Raises	2.5 2.5	6-10 10-12	2
Abdominals (Cadillac)	Arms 1	1	6-10	3
Legs Strapwork (Cadillac)	Single Leg Press	1.5	6-10	4
Spinal Articulation	OMIT			
Hip Flexion I & II	OMIT			
Lunges	OMIT			
Box Work	OMIT			
Arm Work	Supine: Openings, Switches, Overhead	NA 1	6-10 6-10	5
Additional Leg Work	Wall Glutes 1 (no wts), Blue Ball Basic Adductor, Glute Str Or Side Lying Hip Series – ER, Abduction, Circles	NA	6-10	6
Lateral Flexion	Side lifts - single	NA	3-5 es	7
Extension	Prone Breathing, BBE (opt)	NA	6-10	8
Body Integration	OMIT			
Release	Hamstring Str w/TB supine Prone Quad stretch	NA NA	30 sec 3	9