

11332NAT

EXAMPLE: MODIFIED INITIAL CONSULTATION PROGRAM (MAUREEN)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Cadillac bed)	Seated breathing and scoliosis corrected alignment awareness Printing, Imprinting, PC, SLL	NA	6-10	1
Leg and Footwork (Reformer)	Doubles: HP, TP, V Raises Prances	3	6-10	4
Abdominals (Cadillac)	Arms Supine 1, 2	Arm springs	6-10	2
Legs Strapwork (Cadillac)	Single leg bent leg press, straight leg press	Leg springs	6-10	3
Spinal Articulation	OMITTED			
Hip Flexion I & II (Reformer)	Scooter neutral	1	8	5
Lunges	OMITTED			
Box Work	OMITTED			
Arm Work	Supine: Openings, Switches, Overhead	NA	6-10	6
Additional Leg Work	Wall Glutes 1 (no wts)	NA	6-10	8
Lateral Flexion	Side lifts - single	NA	3-5 es	7
Extension	Prone Breathing, Diamond Press (opt)	NA	6-10	8
Body Integration	OMIT			
Release	Hamstring Str w/TB supine	NA	30 sec	9

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