

11332NAT

EXAMPLE: SOLE APPARATUS INTERMEDIATE CADILLAC (FRANCES)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Chair/Matwork)	Hamstring Curl 1 PC – Hamstring Curl 2 SLS, DLS, CxCx, STS, Rollup Rollover	1	8 4 6 3	1
Leg and Footwork (Chair)	Doubles: HP, TP, V, HW, TW Singles: H, T Calf Press Standing Leg Press, Standing Side Leg Press	2	8 8 8 8	2
Abdominals (Chair)	Washer Woman 1 Pike, Side Pike	1 2	6, 4 each side	3
Legs Strapwork	OMITTED			
Spinal Articulation	OMITTED			
Hip Flexion I & II (Chair)	Cat stretch	1	6	4
Lunges (High Barrel)	Stretches on the High Barrel: Hamstring	N/A	5 BC	12
Box Work (High Barrel)	Genie, Flat, Tilt, Twist, Overhead	NA	6	8
Arm Work (Chair)	Prone triceps and prone arm press	1	6 each side	6
Additional Leg Work (Chair)	Standing Leg Press Front and Side Step Up	1 2	6 8	5 7
Lateral Flexion (High Barrel)	Side Overs	N/A	5 each side	9
Extension (High Barrel)	Swan	N/A	4	10
Body Integration (High Barrel)	Horseback	N/A	6	11
Release (High Barrel)	Stretches on the High Barrel: Piriformis, Quadriceps Standing Roll Down	NA	5 BC each	13