

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Roll Down Pelvic Clocks Glute/Piriformis stretch MC Basic Adductor Squeeze PC, CL2, SLL (Single - Double), STS, H3	N/A	4 4 each direction (ed) 3 – 6 BC 6 6, 6, 4 each side (es), 4 es, 4 es	1
Leg & Footwork (Chair)	Doubles: H, T, V, HW, TW Calf Press	1/2, 1/3 2/1	8 each 10 es	2
Abdominals (Matwork)	100s (modified with feet down)	N/A	10 BC	8
Legs Strapwork (Cadillac)	Leg Springs: Parallel Presses Lower Lift Small Parallel Circles Stretch	Leg Springs	8 8 6 ed 3 – 6 BC	10
Spinal Articulation (Matwork)	Fitball Wall Roll	N/A	5	9
Hip Flexion I (Chair)	Washerwoman 1/Press Down (parallel position)	1/3	6	3
Hip Flexion II (Chair)	Washerwoman 2/ Press Down Over (parallel position)	1/3	6	4
Lunges (Matwork)	Omitt			
Box Work (HB)	Genie Flat Tilt	N/A	4 4 4 es	13
Arm Work (Cadillac)	Arms Supine Series 1, 2, 3, 4	Arm Springs	5 each	11
Additional Leg Work (Chair)	Standing Leg Press Step Up Prep	1/3 1/2 1/3	8 es 6 es	5
Lateral Flexion (Chair)	Side Reach	1/3	6 es	6
Extension (Chair)	Swan Basic Prone Triceps Prone Arm Press	1/3 1/3 1/2, 1/3	7 7 7	7
Body Integration (Matwork)	Front Support-to-Pike	N/A	6 BC	12
Release (HB)	HB Stretches: Prone Gluteals Hamstring Quad Hip Flexor	N/A	3 – 5 BC 3 – 5 BC es 3 – 5 BC es 3 – 5 BC es 3 – 5 BC es	14