

11332NAT

EXAMPLE: MULTI-APPARATUS PROGRAM (PREGNANCY: BASIC TO PROGRESSIVE, SECOND TRIMESTER PROGRAM)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Cat Stretch Thread the Needle Quadrapped Cat paws Quadrapped Leg Slides and lifts Quadrapped press ups Side Lying Rotations Side Lying Hip Series MC Adductor Squeeze (Support with Wedge & use ball or cushion if too strong) STS (support with wedge feet on floor)		6 3 each 3 each 6 each 3 each 8 8 3 each 6	1
Leg and Footwork (Reformer)	Doubles – Supported with Jump board H, T, V, HW, TW, R, P, Single Heels and toes Basic (other legs folded in)	3 or 3.5 2 or 2.5	8 8	2
Abdominals (Cadillac)	Arms Supine Series – supported w/triangle cushion or jumpboard) 1, 2, 3, 4	Arm Springs	8	7
Legs Strapwork (Cadillac)	Leg Spring Series - supported w/triangle cushion Frog, Opening high, Circles	Leg Springs	8	8
Spinal Articulation (Cadillac)	Push Thru Bar Spine Stretch – prop under bottom or straddle bed	TL 1	6	9
Hip Flexion I & II (Reformer)	Knee Stretch, Curve and Flat Downstretch Preparation Pregnancy Upstretch 1 Elephant	1.5 1 or 1 ¼ 1 ¼ 1 ¼	8 6 3 6 6	3
Lunges (Reformer)	Basic Lunge – Monitor position and use props under heel against shoulder rest if needed	Leg springs	3-6BC	4
Box Work (Reformer)	Short Box - Genie Prep - Tilt – hand on barrel as support if needed - Twist Prep	All	6 3 each 3 each	5
Arm Work (Reformer and PAP)	Shoulder Press PAP, Doubles, Shrugs and Triceps	1 red Arm springs	8 6	6 11
Additional Leg Work (Matwork)	Fitball Squats	NA	8	12
Lateral Flexion (Cadillac)	Cadillac side sitting 1 and 2 – box under feet	TL1	4 each side	10
Extension Matwork)	Basic Back Extension - supported with triangle cushions Swimming - supported with triangle cushions Rest Pose	NA	6 5 BC 3-6 BC	13
Body Integration (Matwork)	Kneeling Swimming	NA	6	14
Release (Matwork)	Seated Thoracic Extension over fitball Around the World over Fitball TB Pole Arm Series	NA	4 3 each 6	15

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