

PIC	REPERTOIRE	REP	ORDER
Warm Up	Printing and Imprinting	4	1
	Pelvic Curl	8	2
	Chest Lift (3)	8	3
	Single Leg Lifts (alternating)	5 each side	4
	Spine Twist Supine	5 each side	5
	Hula (3)	5 each side	6
Centring	The Hundred	10 BC	7
	Rollup	6	8
	Leg Circles	6 each direction, each side	9
	Rolling	4	10
Sitting I	Side Reach	4 each side	11
	Roll Back – hold back for arm raises	8, hold for 6 arm raises	12
Abdominals	Single Leg Stretch	6	13
	Double Leg Stretch (4 point)	6 each side	14
	Criss Cross	6 each side	15
	Hamstring Pull	5 each side	16
Spinal Flexion	Spine Stretch	6	17
Sitting II	Spine Twist Sitting	5 each side	18
	Saw	5 each side	19
Integration Supine	Pelvic Curl (arms overhead)	8	20
	Spine Twist supine (double legs extending)	8	21
Lateral and Extension	Side Lifts	8 each side	22
	Abduction/Adduction	8 each side	23
	Side Kicks	8 each side	24
	Side Leg Lifts	8 each side	25
	Single Leg Kick	8 each side	26
	Double Leg Kick	6	27
	Swimming	8 BC	28
	Rest Position	3 BC	29
Support Integration	Front Support	5 BC	30
	Pike	5 BC	31
	Side Support	5	32
Full Body Challenge	Teaser Prep	6	33
Release	Standing Lunge	Twice each side	34
	Roll Down	6	35