

11332NAT

EXAMPLE PROGRESSIVE PROGRAM (SMALL APPARATUS: THERABAND)

PIC	REPERTOIRE	REP	ORDER
Warm Up	Pelvic Curl Supine Theraband Rotator Cuff Pull Chest Lift (2) + SLL Spine Twist Supine Hula (2)	6 8 8 5 each side 5 each side	1
Centring	The Hundred Rollup Leg Circles Rolling	1 set of 100 6 6 each direction 8	2
Sitting I	Side Reach	8	3
Abdominals	Chest Lift (3) Single Leg Stretch Double Leg Stretch Hamstring Pull 1	6 6 each side 6 each side 6 each side	4
Spinal Flexion	Spine Stretch Roll Back with Arm variations	6 8	5
Sitting II	Theraband Arm Series 1 -Rowing -Cut-A-Tree -Tricep Extension	8 reps each	6
Integration Supine	Hamstring Stretch into Shoulder Bridge Prep Corkscrew Prep	8 8	7
Lateral and Extension	Side Lifts Abduction/Adduction Leg Circles Single Leg Kick Double Leg Kick Rest Position	8 each side 8 each side 8 each side 6 each side 8 4 BC	8

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Support Integration	Front Support Pike Side Support	5 BC 5 BC 4	9
Full Body Challenge	Teaser Prep	6	10
Release	Theraband Pole Series -Shoulder Stretch -Side reach -Spine Twist	8 reps each	11