

11332NAT

SOLE APPARATUS: INTERMEDIATE CADILLAC (JUDY)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up	Pelvic Curl Spine Twist Supine CL#3, SLS, DLS, CX Spring Bar Roll Ups Spring Bar Roll ups with Side Stretch	NA	8	1
Leg and Footwork	Double – V, T, H, TW, HW, Calves and Prances Single Toes	BL2 BL1	10	2
Abdominals	BL Roll Ups with Lat Press – Build up to 3 reps	BL1	Repeat series twice	3
Spinal Articulation	Tower prep Tower	BL1	3 6	4
Legs Strapwork	Frog Circles Walking Scissors Bicycles	Leg springs	8	5
Hip Flexion I & II (Chair)	Bridge Press Prep Forward Sitting series – Forward sitting, Reach, Saw Cat stretch	TL1	8	6
Lunges	OMITTED			
Box Work	OMITTED			
Lateral	Side Sitting 1 and 2	TL1	8	7
Extension	Prone 1, 2, 3	TL1	6	8
Arms	Standing Arms - Lat pulls - Cut a Tree - Circles - Punches	Arm springs	8	9
Additional legs	Standing Glutes with ankles weights	Ankle weights	6	10
Body Integration	Hanging Back	Trapeze	6	11
Release	Fluffy Stretches	NA	3 BC	12