

11332NAT

EXAMPLE: MULTI-APPARATUS PROGRAM (PREGNANCY: THIRD TRIMESTER INTERMEDIATE PROGRAM)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Clocks and Diaphragm Breathing - seated on Fitball Cat Stretch Side Lying Rotation Side Lying Hip Series TB Rowing – seated on Fitball		3 – 10BC 4 3 each 8 8	1
Leg and Footwork (Chair)	Doubles – Fitball behind back against wall H, TV, HW, TW – plus extension, flexion Calf Press Standing Leg Press (using Pole for balance assist) Standing Side Leg Press (using Pole for balance assist)	2/3 (Exo chair springs) 1/3	8 8 8 8	2
Abdominals (Cadillac)	Standing Spring Bar Pulls	Spring bar	8	6
Legs Strapwork (Cadillac)	Leg Spring Series - supported w/triangle cushion Frog, Opening high and low, Circles, Walking, Bicycles	Leg Springs	8 8	7
Spinal Articulation (Cadillac)	Push Thru Bar Cat Stretch	TL 1	5	8
Hip Flexion I & II (Chair and Cadillac)	Washerwoman 2 – Bent knees and bottom against wall Push Thru Bar Forward Sitting series - Forward sitting – legs wide over bed - Side Reach – legs out long	1/3 TL 1	8 6 3 each side	3 9
Lunges (Cadillac)	Leg Springs - supported w/triangle cushion hamstring stretch and lateral leg stretch	Leg springs	3-6BC	10
Box Work (High Barrel)	Short Box - Genie Prep - Tilt – hand on barrel as support if needed - Twist Prep	NA	6 3 each 3 each	11
Arm Work (Cadillac)	Standing Arm Series - Lat Pull Backs - Hug a Tree - Circles - Reverse Biceps	Arm Springs	6 6 3 each direction 6	12
Additional Leg Work (Cadillac)	TL Pregnancy Squats TL deep squat and breathing – prep for labour	TL1	8 6BC	13
Lateral Flexion (Chair)	Side Reach	NA	4 each side	4
Extension Matwork)	Kneeling Swimming Rest Position (modified)	NA	4 each side	14
Body Integration (Chair)	Floor Swan - low kneeling, knees wide position	NA	6	5
Release (Matwork)	Seated Thoracic Extension over Ball Around the World over Ball Seated Glute stretch against ball	NA	4 3 each 3-6 BC	15

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