

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Spine Corrector)	SC PC (feet on arc) SC Chest Lift and add SLL (alt) SC Hula SC STS Waving SC Side Lifts	N/A	6 5 each side 6	1
Leg and Footwork (Reformer)	Doubles: HP, V, TW, HW Raises and Prances Singles: H, H progression	3.5 2.5	10	2
Abdominals (Reformer)	Hundred prep Hundred Coordination	1.5	8	3
Legs Strapwork (Reformer)	Little Frogs Circles Openings	2	8	4
Spinal Articulation (Reformer)	Short Spine	2	5	5
Hip Flexion I & II (Reformer)	Knee Stretch Reverse (round and flat) Upstretch 1, 2 Longstretch	1 1.5	6 each 6	6
Lunges (Reformer)	Kneeling Lunge	1	5BC	7
Box Work (Reformer)	SB: Genie, Flat, Tilt Backstroke	All 1.5	6 6	8
Lateral Flexion (Reformer)	Side Overs (regressed arm position)	All	6 each side	9
Extension (Reformer)	LB: Pulling Straps 1, 2, triceps	1	6	10
Arm Work (PAP)	Doubles, Shrugs, Triceps Wax On Wax Off	PAP	6 4 each side	11
Additional Leg Work (PAP)	PAP Squats, Plies	PAP	8	12
Body Integration (Matwork)	PAP Forward Lunge (regressed)	PAP	5	13
Release (Matwork)	PAP Chest Stretch, Roll Downs	N/A	5BC, 3	14