

PIC	REPERTOIRE	REP	ORDER
Warm Up	Roll Down	4	1
	Pelvic Curl – hold up for alternating Single Leg Lifts	8	2
	Chest Lift (3)	8	3
	Spine Twist Supine with both legs straight	5 each side	5
	Hula (3)	5 each side	6
Centring	The Hundred	10 BC	7
	Rollup	6	8
	Leg Circles	8 each direction, each side	9
	Rolling	8	10
Sitting I	OMIT		
Abdominals	Single Leg Stretch	8	11
	Criss Cross	6 each side	12
	Double Leg Stretch	6	13
	Hamstring Pull (1, 2)	5 each side	14
Spinal Flexion	Roll Overs	6	15
	Spine Stretch	6	16
Sitting II	Open Leg Rocker	6	17
	Spine Twist Sitting	5 each side	18
	Saw	5 each side	19
Integration Supine	Shoulder Bridge	4 each side	20
	Corkscrew	4 each side	21
Lateral and Extension	Side Lifts – top arm raised	8 each side	22
	Abduction/Adduction	8 each side	23
	Side Leg Lifts	8 each side	24
	Side Lying Leg Circles	8 each side	25
	Cobra	6	26
	Swimming	10 BC	27
	Rest Position	3 BC	28
Support Integration	Leg Pull Front (Front Support to prepare)	5 each side	29
	Back Support	5 BC	30
	Leg Pull Back	5 each side	31
Full Body Challenge	Teaser	5	32
Release	Seal Puppy	8	33
	Roll Down	4	34