

11332NAT

EXAMPLE INTERMEDIATE PROGRAM (SMALL APPS: REFORMER + MAGIC CIRCLE)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up	Roll Down Pelvic Curl Single Leg Stretch Criss Cross Double Leg Stretch Spine Twist Supine Roll Up Roll Over	2 2 2 2 2 2 2 2	3 8 8 6 each side 6 each side 8 6 6	1
Leg and Footwork	Doubles Heels parallel + MC Pec Press, Toes Parallel + MC Press Front, V + MC Combo Pec Press to Press Front, Heels Wide + MC Lower and Raise, Toes Wide + MC Pec Press Variation Raises Prances Liza	3.5 3.5 3.5 3 3 3	8 10 20 8 each 8 each 8 each	2
Abdominals	The Hundred + MC in ankles Co-ordination Butterfly	1 1 1	1 set of 100 6 8	3
Legs Strapwork	Little Frogs + MC in ankles Circles Extended Frog Adductor Stretch	1.5	10 6 each direction 6 both direction 5 BC	4
Spinal Articulation	Long Spine + MC outside ankles	1.5	8	5
Hip Flexion I and II	Reverse Knee Stretch – progress to oblique variation High Bar Cobra Upstretch 2 Longstretch Elephant	1 1.5 1 1 1	6 8 6 8 8	6
Lunges	Reverse Lunge	1	4	7
Box Work	Short Box Series - Genie + MC Assist - Flat + MC Overhead - Tilt + MC Overhead - Twist + MC Overhead Climb a Tree	All	6 6 6 6 3 each	10
Arm Work	Kneeling Arms Series 1-4	1	10 each	8
Additional Leg Work	Standing Abduction + MC Assisted Rotation Standing Adduction + MB Bicep Press	1	10 each	9
Lateral Flexion	Short box – Side Overs	ALL	6	11
Extension	Long Box - Breaststroke Rest Pose	1 1	8 3-5 BC	12
Body Integration	Long box – Jockey	1	8 8	13
Release	Roll Down	All	3	14

11332NAT

EXAMPLE INTERMEDIATE PROGRAM (SMALL APPS: REFORMER + MAGIC CIRCLE)