

EXAMPLE PROGRESSIVE PROGRAM (SMALL APPS: REFORMER + FOAM ROLLER)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up	Roll Down Pelvic Curl (supine on foam roller) Chest Lift (2) (supine on foam roller) Hula (2) (supine on foam roller) Spine Twist Supine Roll Up	2 2 2 2 2 2	3 8 8 6 each side 6 each side 4	1
Leg and Footwork	Doubles (supine on foam roller) Raises (supine on foam roller) Prances (supine on foam roller) Single Heels (supine on foam roller)	3.5 3.5 3.5 3	8 8 8 8	2
Abdominals	The Hundred Co-ordination	1.5 1.5	1 set of 100 8	3
Legs Strapwork	Little Frogs Circles Low Openings	1.5	8 6 both directions 8	4
Spinal Articulation	Short Spine	1	8	5
Hip Flexion I and II	Knee Stretch Series - Round - Flat Downstretch Longstretch Upstretch2 Elephant	1.5 1.5 1.5 1 1 1.5	8 8 6 5 6 8	6
Lunges	Kneeling Lunge	1	3-5BC	7
Box Work	Short Box Series - Genie - Flat - Tilt - Twist	All	8 8 8 8	11
Arm Work	Chest Expansion	1	8	8
Additional Leg Work	Skating Prep	1	8	9
Lateral Flexion	Side Reach	1	8	10
Extension	Long Box Pulling Straps 1 2 Rest Pose	1 1	6 6 3-5BC	12
Body Integration	Long box - Backstroke	1.5	6	13
Release	Foam Roller Chest Stretch Roll Down	N/A	3	14