

11332NAT

EXAMPLE: MULTI-APPARATUS PREGNANCY PROGRAM (BASIC - CHAIR, MAT, PAP)

34 WEEKS PREGNANT WITH TORN INTERCOSTAL AND DISCOMFORT

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Supine propped - Breathing, Imprinting, Supine Adductor squeeze with ball - Arms Supine no load - Rest position Diaphragm breathing Wall Squats with Fitball	NA	6-10	1
Abdominals (Matwork)	Quadruped - Rocking - Cat paws - Leg Slides on floor	TL 1	8	2
Leg and Footwork (Chair)	Doubles: V, TW, HW – Ball behind back against the wall for support Calf Press	2/2	10 8 each	3
Additional Leg Work (Chair)	- Standing Leg Press Front - Standing Leg Press Side	1/2	8	4
Body Integration (Chair)	Chair hamstring curl propped - Chair pelvic curl if suitable		6	5
Legs Strapwork (Cadillac)	Propped Single Leg press, lift and lower, circles	Leg springs	8 each	6
Lateral Flexion (Cadillac)	Side Lying Wall Glutes with spring around thigh	NA	8 each side	7
Spinal Articulation (Cadillac)	Spine Stretch – Straddle position	TL1	6	8
Arm Work (Cadillac)	Side lying shave using PTB unloaded	TL1	8	9
Hip Flexion I & II (Cadillac)	Cadillac PTB scooter	1/3	8	10
Box Work	OMIT			
Extension (Matwork)	½ Cobra rest position	NA	6	11
Release (Matwork)	Glute, Quadriceps stretches - Propped	NA	3 BC	12
Lunges (Matwork)	Thera Band Hamstring Stretched - propped		3-5BC	13