

11332NAT

EXAMPLE INTERMEDIATE PROGRAM (SMALL APPARATUS: FOAM ROLLER)

PIC	REPERTOIRE	REP	ORDER
Warm Up	Lying on Foam Roller -Pelvic Curl -Hold in Bridge – Arms Supine Series with 1kg Hand Weights Chest Lift (2) Single Leg Lift Hula (2) + SLL Spine Twist Supine	8 8 8 8 each side 8 each side 5 each Side	1
Centring	Roll Up Roll Over The Hundred with FR under ankles + single leg floats Rolling Leg Circles	8 4 each direction 1 set of 100 8 6 each direction	2
Sitting I	Side Reach with Rotation in Z sit + hand on FR	8	3
Abdominals	Single Leg Stretch with FR under one foot and alternate Double Leg Stretch with FR under feet Criss Cross with FR under feet Hamstring Pull 2 and 3 with FR under foot	6 6 each side 6 each side 6 each side	4
Spinal Flexion	Spine Stretch with FR in palms Spine Stretch with Extension FR in palms	8 8	5
Sitting II	Spine Twist sitting with FR in palms Saw Open Leg Rocker	8 reps each 6 reps each 8	6
Integration Supine	Corkscrew Shoulder Bridge	8 8	7
Lateral and Extension	Abduction/Adduction Side Kicks with top hand stretched out on FR + rotation Single Leg Kick Double Leg Kick	8 each side 8 each side 8 each side	8

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	Floor Swan	6 each side 8	
Support Integration	Front Support Leg Pull Front Side Support with top arm on one end of FR and the other end on the floor	5 BC 6 each side 6	9
Full Body Challenge	Teaser with FR in hands	6	10
Release	Pike with Calf Press Standing Roll down	8 reps each 3	11