

11332NAT

EXAMPLE: MULTI-APPARATUS POST NATAL PROGRAM (LIAN)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (On Cadillac Bed)	Dura Disc under sacrum and Thoracic (Tx) area - Breathing, Imprinting - Arms Supine - Single Leg Lift (remove Dura Disc from Tx) Pelvic Curl, Chest lift 1, STS feet down	0.5kg hand weights	6-10	1
Abdominals (Cadillac)	Arms Spring Series 1, 2, 3, 4	Arm Springs	6 each	2
Legs Strapwork (Cadillac)	Single Leg Press	Leg Spring	8 each	3
Leg and Footwork (Reformer)	Doubles: H, T, V Raises Single H	2.5	8	4
Spinal Articulation (Reformer)	Pelvic Curl plus extension (smaller ROM)	2	6	5
Hip Flexion I & II (Reformer)	Scooter Bent knees Elephant	1	8	6
Lunges (Reformer)	Basic Lunge	1	3-5BC	7
Box Work (Reformer)	Genie, Tilt, Upright seated twist – regressed range	All	6-8	8
Arm Work (Reformer)	Seated on Box - Lat Press - Chest Expansion Shoulder Press	1	8	9
Additional Leg Work (Reformer)	Skating Prep	1	8	10
Lateral Flexion (Chair)	Side Reach	1/3	6 each side	11
Extension (Chair)	Swan Basic – feet down	1/3	6	12
Body Integration (Chair)	Seated Shrugs plus extension Triceps	1/3	6	13
Release (Matwork)	Glute, Hamstring stretches, Quadriceps stretches	NA	3 BC	14