

EXAMPLE PROGRESSIVE PROGRAM (SMALL APPARATUS: MAGIC CIRCLE)

PIC	REPERTOIRE	REP	ORDER
Warm Up	Breathing and Printing with MC Pec Press and Pec Front Pelvic Curl with Pec Front Chest Lift with MC in Hands MC Supine 1 Spine Twist Supine	8 8 8 8 5 each side	1
Centring	100 with MC in knees (legs tabletop) Rollup with MC in hands Leg Circles Rolling	1 set of 100 6 6 each direction 8	2
Sitting I	Side Reach with MC under hand	8	3
Abdominals	Roll Back with MC in hands Single Leg Stretch with MC in hands Double Leg Stretch Criss Cross with MC Hamstring Pull with MC in hands	8 8 each side 8 each side 8 each side 6 each	4
Spinal Flexion	Spine Stretch with MC between feet and press down as curl forward	6	5
Sitting II	Spine Twist sitting with MC above head in hands Saw	8 reps each 6 each side	6
Integration Supine	Pelvic curl with MC between knees MC Supine 2	8 8	7
Lateral and Extension	MC Side Lying Adduction MC Side Lying Abduction MC Side Lying Obliques Single Leg Kick MC Prone 1 MC Prone 2 Swimming Rest pose	8 each side 8 each side 8 each side 6 each side 8 8 8 3 BC	8

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Support Integration	Front Support Side Support	8 BC each side 8 BC each side	9
Full Body Challenge	Teaser Prep with MC in hands MC Standing Arm Series -Press Front - Press High - Press Back - Lat Press - Bicep Press	6 8 each exercises	10
Release	Standing Lunge Roll Down	Twice through 3	11