

11332NAT

EXAMPLE SOLE APPARATUS PROGRAM (STUDIO: INTERMEDIATE CADILLAC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Roll Down PC, SLS, DLS, CxCx, STS, Rollup Rollover	NA	3 6 3	1
Leg and Footwork (Cadillac)	Doubles: V, TP, HP, TW, HW Raises, Prances Singles: T, H Hip Opener	BL2 BL1	8 8 8	2
Abdominals (Cadillac)	BL Rollup	BL1	6	3
Legs Strapwork (Cadillac)	Little Frogs, Openings, Walking, Bicycles, Adductor Stretch	Leg Springs	10 each	6
Spinal Articulation (Cadillac)	Tower	BL1	6	5
Hip Flexion I & II (Cadillac)	Monkey Stretch 1, 2 Forward sitting/Side Reach/Saw Combo Bridge Press Prep	BL1 TL1	3 each 3 each side	4 7
Lunges (Spine Corrector)	OMITTED	N/A	-	-
Box Work (High Barrel)	Genie, Flat, Tilt, Twist, Climb a Tree	NA	5	11
Arm Work (Cadillac)	Standing arms – Lat Pullbacks, Hug a Tree, Circles, Punching, Reverse Biceps	Arm Springs	8 each	10
Additional Leg Work (High Barrel)	Standing Glute Series 1, 2, 3 Horseback HB Glute Stretch	Ankle weights NA	8 each 6 1	12
Lateral Flexion (Cadillac)	Side Sitting 2, 3	TL1	3 each side	8
Extension (Cadillac)	Prone 1, 2, 3 Rest Position	TL1	3	9
Body Integration (Cadillac)	Hanging Back	NA	6	13

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Release (Cadillac)	Half Hang Roll Down	NA	1 3	14
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