

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork and Chair)	Prone Breathing over Fitball HC1 and 2 CL 2 CL with SLL Hula 2 STS MC Adductor Squeeze Side Lifts (plus waving to prep)		3-5 BC 6 each 8 8 8 6 each 3 each 2 each way	1
Leg and Footwork (Chair)	Doubles H, T, V, HW, TW Calf Press Standing Single Leg Press	2on3	8 8 6 each	2
Abdominals (Chair)	WW1 plus Arm Pumps Pike Prep Pike	1on 4 2on3 2on3	6 plus 8 pumps 10 6	3
Legs Strapwork (Reformer)	Frog, Circles, Peter Pan	1.5	8	10
Spinal Articulation (Chair)	Cat Stretch	1on4	6	4
Hip Flexion I & II (Chair and Reformer)	WW2 WW2 plus rotation Reverse Knee Stretch	1on3 1on3 1/2	8 4 each 6	5 11
Lunges (Reformer)	Revers Lunge	1 1/4	3-5BC	12
Box Work (Reformer)	- OMIT			
Arm Work (Reformer)	Shoulder press Single Arm Shoulder Press	1	6 6 6 each	1
Additional Leg Work (Chair)	Step Up	2on3	8	8
Lateral Flexion (Chair)	Side Arms Kneeling Side Reach plus rotation	1on2 1on3	4 each side 4 each	7
Extension (Chair)	Swan Basic feet on floor plus Arm pumps	1on3	6-8	9
Body Integration (Matwork)	Wall Roll with Fitball		6	14
Release (Matwork)	Standing Pole Series SRD	NA	5 each 3	15