

PIC	REPERTOIRE	REP	ORDER
Warm Up	Printing and Imprinting Pelvic Curl Chest Lift (2) Single Leg Lifts (alternating) Spine Twist Supine Hula (2)	4 8 8 5 each side 5 each side 5 each side	1 2 3 4 5 6
Centring	The Hundred Prep The Hundred Rollup Leg Circles Rolling	5 10 BC 6	7 8 9 10 11
Sitting 1	OMITTED		
Abdominals	Chest Lift (3) Single Leg Stretch Criss Cross	6 6 each side 6 each side	12 13 14
Spinal Flexion	Spine Stretch	6	15
Sitting 2	Spine Twist Sitting Saw	5 each side 5 each side	16 17
Integration Supine	Pelvic Curl (arms overhead) Spine Twist supine (single leg extending)	8 8	18 19
Lateral and Extension	Side Lifts Side Kicks Side Leg Lifts Prone Breathing Basic Back Extension Swimming	8 each side 8 each side 8 each side 3 BC 8 15 BC	20 21 22 23 24 25

	Rest Position	4 BC	26
Support Integration	Cat Stretch	5	27
Full Body Challenge	Roll Back	8	28
Release	Kneeling Lunge	Twice each side	29
	Roll Down	6	30