

11332NAT

EXAMPLE MULTI-APPARATUS PROGRAM (STUDIO: PROGRESSIVE CADILLAC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork or on Cadillac bed)	PC, CL#3, SLL(alt), ST, H#2	NA	6-10	1
Leg and Footwork (Cadillac)	Doubles: V, TP, HP, TW, HW Raises Prances Singles: T, H	3.5 3.5 3.5 2.5	10 8 8 8	2
Abdominals (Cadillac)	TL Rollup	TL 1	8	5
Legs Strapwork (Cadillac)	Little frogs, Circles, Openings, Walking	Leg Springs	8	4
Spinal Articulation (Cadillac)	Prep for Tower	BL 1	5	3
Hip Flexion I & II (Cadillac)	Forward Sitting, Side Reach	TL 1	6	6
Lunges (Reformer)	Kneeling Lunge	1	2 each side	7
Box Work (High Barrel)	Genie, Flat, Tilt, Twist	NA	8 each	10
Arm Work (Reformer)	Chest Expansion	1	4 each side	8
Additional Leg Work (Reformer)	Skating Prep	1	6-10 each side	9
Lateral Flexion (High Barrel)	Side Over Prep	NA	8 each side	11
Extension (High Barrel)	The Overhead	NA	6	12
Body Integration (High Barrel)	Back Extension 1	NA		13

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Release (High Barrel)	Glute, Hamstring and Quadriceps stretches	NA	30 sec	14
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