

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Prone Breathing over Pilates Arc Single arm lifts plus double plus arm pumps with weights PC feet on arc CL- sit on step Single Leg Lift – sit on step Hula – sit on step Spine Twist Supine over back of arc Roll Over over back of arc		3-5 BC 3 each and 6 8 8 4 each 5 each 3 each 2 each way	1
Leg and Footwork (Reformer)	Doubles H, T, V, HW, TW, R, P, Single Heels and toes Progressive	3.5 -4 2.5 -3	8 8	2
Abdominals (Reformer)	Arms Supine Series – 1,2, 3, 4, 5 100's Co-odination with Tricep press	1 1/4	6 10 6	3
Legs Strapwork (Cadillac)	Leg Spring Series - Frog, Circles, Opening high and low	Leg Springs	8	11
Spinal Articulation (Reformer)	Short Spine Prep Short Spine	1 1/2	3 4	4
Hip Flexion I & II (Reformer)	Scooter Round Knee Stretch R and F Reverse Knee Stretch round Elephant	1 ¼ 1 ¼ 1/2 1 ¼	8 4 each 6 6	5
Lunges (Reformer)	Kneeling Lunge	1 1/4	3-5BC	6
Box Work (Reformer)	Short Box - Genie - Tilt - Twist Prep	All	6 3 each 3 each	7
Arm Work (Reformer and Cadi)	Shoulder Press Standing Spring bar Pulls Chest Expansion	1 red Arm springs	8 6 6	8 13
Additional Leg Work (Cadi)	Walking, Scissors Bicycle	Leg Springs	8-10 6 sets 3 each way	12
Lateral Flexion (Reformer)	Side Reach Mermaid	1	4 each side 4 each	9
Extension (Reformer)	Pulling Straps 1 and 2 over arc	1	6-8	10
Body Integration (Cadi)	Breathing	Trapeze	6	14
Release (Cadi)	Spread Eagle SRD	NA	5 3	15