

11332NAT: REFORMER AND SMALL APPARATUS PATHWAY PRACTICAL ASSESSMENT: STUDY ASSIST TEACHING DEMONSTRATIONS

STAGE 1 (20 minutes)

- Be sure to introduce yourself and clients safely to the space and ask health screening client induction questions before commencing.

PIC	REPERTOIRE SELECTIONS
Warm Up	Foam Roller Foundation Series: Printing, Imprinting, Pelvic Curl, Chest Lift, Spine Twist Supine
Spinal Articulation	Pelvic Curl, Preparation for Short Spine
Armwork	Theraband Arm Series: Rowing, Cut A Tree, Tricep Extension
Extension	Long Box: Basic Back Extension

STAGE 2 (20minutes)

PIC	REPERTOIRE SELECTIONS
Hip Flexion I and II	Knee Stretch Series: Reverse, Upstrecth 1, Upstretch 2, Downstretch
Lunges	Kneeling Lunge
Box Work	Short Box: Genie, Flatback, Tilt, Twist
Extension	Long Box: Breaststroke

STAGE 3 (20 minutes)

PIC	REPERTOIRE SELECTIONS
Leg and Footwork	Liza, Developè
Legs Strapwork Series	Extended Frog
Spinal Articulation	Long Spine
Body Integration	Long Box: Preparation for Teaser, Long Box: Teaser, Long Box: Jockey