

EXAMPLE BASIC PROGRAM (SMALL APPARATUS: REFORMER + POLE AND WEIGHTS)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up	Printing and Imprinting (feet on the platform) Pelvic Curl (feet on the platform) + arms supine series (1kg) Chest Lift (2) Single Leg Lifts (alternating) Spine Twist Supine Hula (2)	N/A	4 8 8 5 each side 5 each side 5 each side	1
Leg and Footwork	Doubles – using pole as assist for feedback Raises and Prances – using pole as assist for feedback Single Heels – using pole as assist for feedback Single Toes – using pole as assist for feedback	3 3 2	8 8 8 8	2
Abdominals	Preparation for the Hundred – closed chain using pole Hundred (legs in tabletop) – closed chain using pole	1.5 1.5	8 8	3
Legs Strapwork	Little Frog Circles High Openings Wall Glute Stretch with Strap	1.5	8 6 one direction 8 3-5 BC	4
Spinal Articulation	Pelvic Curl with extension	2.5	6	6
Hip Flexion I and II	Knee Stretch Series • Scooter • Round • Flat Elephant	1.5	6 6 6 6	7
Lunges	Basic Lunge	1	3-5 BC	8
Box Work	Short Box Series (regressed) • Genie (Reduce ROM) • Flat (Reduce ROM) • Tilt (use underneath arm to support) • Twist (Upright only)	ALL	6 6 6 6	11
Arm Work	Shoulder Press	1	8	9
Additional Leg Work	Wall Glute Series with Strap • Side Lifts • Forward and Lift • Forward Drops	1	8 8 8	5
Lateral Flexion	Side Reach	1	8	10
Extension	Long Box Pulling Straps • 1 • 2 Rest Pose	1 1	5 5 3-5BC	12
Body Integration	OMIT	N/A		
Release	Pole Series: Shoulder Stretch, Side Reach, Twist Standing Roll Down	N/A	3	13