

11332NAT

EXAMPLE SOLE APPARATUS PROGRAM (STUDIO: INTERMEDIATE REFORMER)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Reformer)	PC, Semi Circle Prep, SLS, DLS, CxCx, STS Rollover	2	3 6 3	1
Leg and Footwork (Reformer)	Doubles: HP, V, HW Raises, Prances Singles: H, Liza, Develope	3.5 2.5	8 8 8	2
Abdominals (Reformer)	The Hundred Coordination Butterfly	1.5	1 6 8	3
Legs Strapwork (Reformer)	Little Frogs, Circles, Openings Extended Frogs, Stretch Wide	1.5	6 each	4
Spinal Articulation (Reformer)	Short Spine, Long Spine	1.5	4	5
Hip Flexion I & II (Reformer)	Reverse Knee Stretch and oblique High Bar Cobra Upstretch 2 Longstretch Elephant	1 1.5 1	6 8	6
Lunges (Reformer)	Reverse Lunge	1	3-5 BC	7
Box Work (Reformer)	SB: Genie, Flat, Tilt, Twist, Climb a Tree	All	6 3 each side	10
Arm Work (Reformer)	Kneeling arms 1-4	1	8 each	8
Additional Leg Work (Reformer)	Standing Adduction Skating	1	8 each 6 1	9
Lateral Flexion (Reformer)	SB: Side Overs	All	6 each side	11
Extension (Reformer)	LB: Breastroke, Rest Pose	1	8	12
Body Integration (Reformer)	LB: Jockey, Teaser	1	6	13

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Release (Matwork)	Roll Down	NA	3	14
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