

ESSENTIAL MATWORK continued

LEGEND

= asterisk indicates exercise to be accomplished within first five sessions

SCISSORS
8 to 10 reps

SIDE KICK
8 to 10 reps

SHOULDER BRIDGE PREP
3 to 6 reps

SIDE LEG LIFT SERIES 1 2 3 4 5
5 to 10 reps

ROLL OVER PREP
6 to 8 reps

SPINE STRETCH FORWARD
3 to 5 reps

HEEL SQUEEZE PRONE
8 to 10 reps

TEASER PREP
3 to 5 reps

ONE LEG KICK PREP
5 to 8 reps

SINGLE LEG EXTENSION
6 to 8 reps

BREAST STROKE
5 to 8 reps

SWAN DIVE PREP
5 to 8 reps

SHELL STRETCH

SWIMMING PREP
2 to 4 reps

SAW
3 to 5 reps

SHELL STRETCH

NECK PULL PREP
5 to 8 reps

LEG PULL FRONT PREP
3 to 6 reps

OBLIQUES ROLL BACK
3 to 5 reps

SEAL
8 to 10 reps

SIDE BEND PREP
3 to 5 reps

PUSH UP PREP
5 to 10 reps

Appendix F

INTERMEDIATE MATWORK

LEGEND	
<input checked="" type="checkbox"/>	= essential
<input type="checkbox"/>	= intermediate

WARM UP

- BREATHING
- IMPRINT & RELEASE
- HIP RELEASE
- SPINAL ROTATION
- CAT STRETCH
- HIP ROLLS
- SCAPULA ISOLATION
- ARM CIRCLES
- HEAD NODS
- ELEVATION & DEPRESSION OF SCAPULAE

EXERCISES

- AB PREP 5 to 10 reps
- BREAST STROKE PREPS 1 2 3 3 to 5 reps
- SHELL STRETCH
- HUNDRED 10 sets
- HALF ROLL BACK 5 to 8 reps
- ROLL UP 5 to 8 reps
- ONE LEG CIRCLE 5 reps
- SPINE TWIST 3 to 5 reps
- ROLLING LIKE A BALL 8 to 10 reps
- SINGLE LEG STRETCH 8 to 10 reps
- OBLIQUES 8 to 10 reps
- SLOW DOUBLE LEG STRETCH 5 to 10 reps

- DOUBLE LEG STRETCH 5 to 10 reps
- SCISSORS 8 to 10 reps
- SHOULDER BRIDGE 2 to 3 reps
- ROLL OVER 6 to 8 reps
- ONE LEG KICK 5 to 8 reps
- BREAST STROKE 5 to 8 reps
- SHELL STRETCH
- SAW 3 to 5 reps
- OPEN LEG ROCKER 8 to 10 reps
- NECK PULL 5 to 8 reps
- OBLIQUES ROLL BACK 3 to 5 reps
- JACK KNIFE 4 to 6 reps
- SIDE KICK 8 to 10 reps
- SIDE LEG LIFT SERIES 1 2 3 4 5 5 to 10 reps
- DOUBLE LEG KICK 4 to 6 reps
- SPINE STRETCH FORWARD 3 to 5 reps
- TEASER 1 3 to 5 reps
- SWAN DIVE 5 to 8 reps
- SWIMMING 3 to 5 sets
- SHELL STRETCH
- LEG PULL FRONT 3 to 6 reps
- HIP TWIST 3 to 5 reps
- SEAL 8 to 10 reps
- SIDE BEND 3 to 5 reps
- PUSH UP 2 to 3 reps

Appendix F

ADVANCED MATWORK

LEGEND	
<input checked="" type="checkbox"/>	= essential
<input type="checkbox"/>	= advanced
<input type="checkbox"/>	= intermediate


WARM UP	
<input type="checkbox"/>	BREATHING
<input type="checkbox"/>	IMPRINT & RELEASE
<input type="checkbox"/>	HIP RELEASE
<input type="checkbox"/>	SPINAL ROTATION
<input type="checkbox"/>	CAT STRETCH
<input type="checkbox"/>	HIP ROLLS
<input type="checkbox"/>	SCAPULA ISOLATION
<input type="checkbox"/>	ARM CIRCLES
<input type="checkbox"/>	HEAD NODS
<input type="checkbox"/>	ELEVATION & DEPRESSION OF SCAPULAE

EXERCISES		
<input checked="" type="checkbox"/>	AB PREP	5 to 10 reps
<input checked="" type="checkbox"/>	BREAST STROKE PREPS 1 2 3	3 to 5 reps
<input checked="" type="checkbox"/>	SHELL STRETCH	
<input checked="" type="checkbox"/>	HUNDRED	10 sets
<input checked="" type="checkbox"/>	HALF ROLL BACK	5 to 8 reps
<input checked="" type="checkbox"/>	ROLL UP	5 to 8 reps
<input checked="" type="checkbox"/>	ONE LEG CIRCLE	5 reps
<input checked="" type="checkbox"/>	SPINE TWIST	3 to 5 reps
<input checked="" type="checkbox"/>	ROLLING LIKE A BALL	8 to 10 reps
<input checked="" type="checkbox"/>	SINGLE LEG STRETCH	8 to 10 reps
<input checked="" type="checkbox"/>	OBLIQUES	8 to 10 reps
<input type="checkbox"/>	SLOW DOUBLE LEG STRETCH	5 to 10 reps
<input checked="" type="checkbox"/>	DOUBLE LEG STRETCH	5 to 10 reps
<input checked="" type="checkbox"/>	SCISSORS	8 to 10 reps
<input type="checkbox"/>	SHOULDER BRIDGE	2 to 3 reps
<input type="checkbox"/>	ROLL OVER	6 to 8 reps
<input type="checkbox"/>	ONE LEG KICK	5 to 8 reps

<input checked="" type="checkbox"/>	BREAST STROKE	5 to 8 reps
<input checked="" type="checkbox"/>	SHELL STRETCH	
<input checked="" type="checkbox"/>	SAW	3 to 5 reps
<input type="checkbox"/>	OPEN LEG ROCKER	8 to 10 reps
<input type="checkbox"/>	NECK PULL	5 to 8 reps
<input checked="" type="checkbox"/>	OBLIQUES ROLL BACK	3 to 5 reps
<input type="checkbox"/>	JACK KNIFE	4 to 6 reps
<input checked="" type="checkbox"/>	SIDE KICK	8 to 10 reps
<input checked="" type="checkbox"/>	SIDE LEG LIFT SERIES 1 2 3 4 5	5 to 10 reps
<input type="checkbox"/>	SCISSORS IN AIR	5 to 10 reps
<input type="checkbox"/>	BICYCLE IN AIR	5 to 10 reps
<input type="checkbox"/>	DOUBLE LEG KICK	4 to 6 reps
<input checked="" type="checkbox"/>	SPINE STRETCH FORWARD	3 to 5 reps
<input type="checkbox"/>	TEASER SERIES 1 2 3 4	3 to 5 reps
<input type="checkbox"/>	SWAN DIVE	5 to 8 reps
<input type="checkbox"/>	SWIMMING	3 to 5 sets
<input checked="" type="checkbox"/>	SHELL STRETCH	
<input type="checkbox"/>	LEG PULL FRONT	3 to 6 reps
<input type="checkbox"/>	LEG PULL	3 to 6 reps
<input type="checkbox"/>	HIP TWIST	3 to 5 reps
<input type="checkbox"/>	CONTROL BALANCE	3 to 5 reps
<input type="checkbox"/>	CORKSCREW	3 to 5 reps
<input type="checkbox"/>	SIDE KICK KNEELING	8 to 10 reps
<input checked="" type="checkbox"/>	SEAL	8 to 10 reps
<input type="checkbox"/>	SIDE BEND	3 to 5 reps
<input type="checkbox"/>	TWIST	3 to 5 reps
<input type="checkbox"/>	ROCKING	5 to 10 reps
<input type="checkbox"/>	BOOMERANG	4 to 6 reps
<input type="checkbox"/>	PUSH UP	2 to 3 reps

ESSENTIAL REFORMER continued

LEGEND

 = asterisk indicates exercise to be accomplished within first five sessions

SIDE TWIST SITTING 1/2 or 1 spring 5 reps

FRONT ROWING PREPS 1 or 2 springs 5 reps

- 1 STRAIGHT FORWARD
- 2 SECOND POSITION
- 3 OFFERING

STOMACH MASSAGE 2 or 3 springs 10 reps

- PREP
- 1 ROUND BACK
 - 2 STRAIGHT BACK

LONG BOX

ARMS PULLING STRAPS 1/2 or 1 spring 5 reps

- 1 PLOW
- 2 AIRPLANE
- 3 TRICEPS

SHORT BOX

ROUND BACK 2 springs 5 reps

STRAIGHT BACK 2 springs 5 reps

TWIST 2 springs 5 reps

TREE 2 springs 3 reps

ELEPHANT 1 or 2 springs 10 reps

- 1 ROUND BACK
- 2 STRAIGHT BACK

MERMAID 1 spring 3 to 5 reps

LEG CIRCLES 2 springs 10 reps

- 1 PARALLEL
- 2 LATERALLY ROTATED
- 3 MEDIALLY ROTATED

KNEE STRETCHES 2 springs 10 reps

- PREP
- 1 ROUND BACK
 - 2 STRAIGHT BACK

RUNNING 2 or 3 springs 20 to 60 reps

HIP LIFT 2 or 3 springs 10 reps

HIP ROLLS 2 or 3 springs 5 to 10 reps

- * PREP
FULL

SINGLE THIGH STRETCH 2 springs 5 reps

SIDE SPLITS 1/2 to 2 springs 8 to 10 reps

- 1 ABDUCTION
- 2 ADDUCTION

Appendix F

ADVANCED REFORMER

EXERCISES

<input type="checkbox"/>	FOOTWORK 1 2 3 4 5	3 or 4 springs	10 to 12 reps
<input type="checkbox"/>	SECOND POSITION 1 2 3	3 or 4 springs	10 to 12 reps
<input type="checkbox"/>	HUNDRED	2 or 3 springs	10 sets
<input type="checkbox"/>	SHORT SPINE	2 springs	5 reps
<input type="checkbox"/>	COORDINATION	2 springs	5 reps
<input type="checkbox"/>	BACK ROWING 1 2	1 or 2 springs	5 reps
<input type="checkbox"/>	FRONT ROWING 1 2 3 4	1 or 2 springs	5 reps

FIRST LONG BOX

<input type="checkbox"/>	SWAN DIVE PREP	2 springs	3 sets
<input type="checkbox"/>	ARMS PULLING STRAPS 1 2 3	1 spring	5 reps
<input type="checkbox"/>	BACK STROKE	1 or 2 springs	5 reps
<input type="checkbox"/>	TEASER PREP 1 2 3 4 5	1 spring	4 reps
<input type="checkbox"/>	BREAST STROKE 1 2	1 spring	5 reps
<input type="checkbox"/>	HORSEBACK PREP 1 2 3 4	1 spring	4 reps

<input type="checkbox"/>	LONG STRETCH	1 or 2 springs	5 reps
<input type="checkbox"/>	DOWN STRETCH	2 springs	2 sets
<input type="checkbox"/>	UP STRETCH 1 2 3 4	1 or 2 springs	5 reps
<input type="checkbox"/>	ARABESQUE/ATTITUDE PREP	1 or 2 springs	5 reps
<input type="checkbox"/>	LONG BACK STRETCH PREP	2 springs	3 reps
<input type="checkbox"/>	STOMACH MASSAGE 1 2 3 4 5 6	2 or 3 springs	5 to 10 reps
<input type="checkbox"/>	TENDON STRETCH PREP 1 2 3 4	2 springs	5 reps
<input type="checkbox"/>	OVERHEAD PREP	2 springs	5 reps
<input type="checkbox"/>	SEMI CIRCLE	2 springs	3 reps
<input type="checkbox"/>	CHEST EXPANSION 1 2	1 or 2 springs	6 reps
<input type="checkbox"/>	THIGH STRETCH 1 2	3 springs	5 reps
<input type="checkbox"/>	SIDE ARM WORK 1 2 3 4 5 6	1 or 2 springs	5 reps
<input type="checkbox"/>	REVERSE EXPANSION 1 2 3 4 5	1 or 2 springs	4 reps
<input type="checkbox"/>	SNAKE PREP	1 or 2 springs	3 reps
<input type="checkbox"/>	TWIST	1 or 2 springs	3 reps
<input type="checkbox"/>	CORKSCREW	2 springs	3 reps
<input type="checkbox"/>	BALANCE CONTROL	2 springs	2 reps

SECOND LONG BOX

<input type="checkbox"/>	ROCKING	2 springs	5 reps
<input type="checkbox"/>	FEET PULLING STRAPS	2 springs	5 reps
<input type="checkbox"/>	SWIMMING	2 springs	4 sets
<input type="checkbox"/>	SWAN DIVE	2 springs	5 reps
<input type="checkbox"/>	GRASSHOPPER	2 springs	5 reps

SHORT BOX

<input type="checkbox"/>	ROUND BACK	2 springs	5 reps
<input type="checkbox"/>	STRAIGHT BACK	2 springs	5 reps
<input type="checkbox"/>	TWIST WITH ROUND BACK	2 springs	3 reps
<input type="checkbox"/>	LEAN 1 2 3	2 springs	3 reps
<input type="checkbox"/>	TREE 1 2 3	2 springs	3 reps
<input type="checkbox"/>	MERMAID 1 2 3	2 springs	3 to 5 reps

<input type="checkbox"/>	ELEPHANT 1 2	1 or 2 springs	10 reps
<input type="checkbox"/>	LEG CIRCLES 1 2 3	2 springs	10 reps
<input type="checkbox"/>	LONG SPINE	2 or 3 springs	3 reps
<input type="checkbox"/>	KNEE STRETCHES 1 2 3 4 5	2 springs	10 reps
<input type="checkbox"/>	RUNNING	3 or 4 springs	20 to 60 reps
<input type="checkbox"/>	HIP LIFT	2 or 3 springs	10 reps
<input type="checkbox"/>	SHOULDER BRIDGE	2 or 3 springs	3 reps
<input type="checkbox"/>	HIP ROLLS	2 or 3 springs	5 to 10 reps
<input type="checkbox"/>	SINGLE THIGH STRETCH	2 springs	5 reps
<input type="checkbox"/>	FRONT SPLITS	2 springs	5 reps
<input type="checkbox"/>	BACK SPLITS	1 or 2 springs	5 reps
<input type="checkbox"/>	SIDE SPLITS 1 2 3 4 5 6 7 8 9	1/2 to 2 springs	8 to 10 reps
<input type="checkbox"/>	CONTROL FRONT 1 2 3	1 or 2 springs	6 reps
<input type="checkbox"/>	CONTROL BACK	1 or 2 springs	6 reps
<input type="checkbox"/>	HIGH BRIDGE 1 2	2 springs	5 reps
<input type="checkbox"/>	STAR PREP 1 2 3	1 or 2 springs	5 reps

Appendix F

ESSENTIAL CADILLAC

ROLL-DOWN BAR

<input type="checkbox"/>	ROLL-DOWN	3 to 5 reps
<input type="checkbox"/>	ROLL-DOWN WITH BACK EXTENSION PREP	3 to 5 reps
<input type="checkbox"/>	AIRPLANE PREPS	5 to 10 reps

ROLL-DOWN BAR STANDING

<input type="checkbox"/>	LAT PRESS	8 to 10 reps
<input type="checkbox"/>	PRESS DOWN	8 to 10 reps
<input type="checkbox"/>	PRESS DOWN WITH TRICEPS	8 to 10 reps

TRAPEZE

<input type="checkbox"/>	BREATHING	5 reps
<input type="checkbox"/>	BALLET STRETCHES KNEELING	1 rep

PUSH-THRU BAR SPRINGS FROM ABOVE

<input type="checkbox"/>	LAT PULL	2 springs	5 to 10 reps
<input type="checkbox"/>	SCAPULA ISOLATION	1 or 2 springs	5 to 10 reps
<input type="checkbox"/>	PULL DOWN	1 or 2 springs	5 to 10 reps
<input type="checkbox"/>	PUSH-THRU ON BACK	2 springs	3 to 5 reps
<input type="checkbox"/>	PUSH-THRU ON BACK WITH ROLL UP	1 spring	3 to 5 reps
<input type="checkbox"/>	TEASER PREP	1 spring	5 to 10 reps
<input type="checkbox"/>	CAT PREP	1 spring	3 to 5 reps
<input type="checkbox"/>	SWAN DIVE	1 spring	3 to 5 reps
<input type="checkbox"/>	PUSH-THRU ON STOMACH PREP	1 spring	3 to 5 reps
<input type="checkbox"/>	ARMS BACKWARD	1 spring	2 to 3 reps
<input type="checkbox"/>	SIDE ARM PULL	1 spring	5 to 10 reps
<input type="checkbox"/>	MERMAID	1 spring	3 to 5 reps
<input type="checkbox"/>	FORWARD PUSH-THRU	1 spring	3 to 5 reps

PUSH-THRU BAR SPRINGS FROM BELOW

<input type="checkbox"/>	SCAPULA ISOLATION	2 springs	5 to 10 reps
<input type="checkbox"/>	CHEST PRESS	2 springs	5 to 10 reps
<input type="checkbox"/>	LEG PRESSES	1 or 2 springs	10 reps

ARM SPRINGS

<input type="checkbox"/>	BICEPS CURLS SUPINE	10 reps
<input type="checkbox"/>	MIDBACK SERIES 1 2 3 4 5	5 reps
<input type="checkbox"/>	BACK ROWING PREPS 1 2 3 4 5 6 7 8	5 to 10 reps
<input type="checkbox"/>	FRONT ROWING PREPS 1 2 3	5 reps

ARM SPRINGS STANDING

<input type="checkbox"/>	LOWER, MIDDLE, UPPER TRAP STRENGTHENER	10 reps
<input type="checkbox"/>	CHEST EXPANSION 1 2	6 reps
<input type="checkbox"/>	ARMS SIDEWAYS	10 reps
<input type="checkbox"/>	BICEPS CURLS	10 reps
<input type="checkbox"/>	TRICEPS PRESS	10 reps
<input type="checkbox"/>	SIDE ARM WORK 1 2 3 4	5 to 10 reps
<input type="checkbox"/>	SNOW ANGELS 1 2	5 to 10 reps
<input type="checkbox"/>	STANDING PULL DOWN	5 to 10 reps

LEG SPRINGS

<input type="checkbox"/>	BEND & STRETCH 1 2 3	5 to 10 reps
<input type="checkbox"/>	CIRCLES 1 2 3	5 to 10 reps
<input type="checkbox"/>	WALKS	4 sets

LEG SPRINGS SIDE-LYING

<input type="checkbox"/>	BEND & STRETCH	5 to 10 reps
<input type="checkbox"/>	LIFT & LOWER	5 to 10 reps

FUZZY HANGING STRAPS

<input type="checkbox"/>	SIDE STRETCH	3 to 5 reps
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PUSH-THRU BAR STANDING

<input type="checkbox"/>	BICEPS CURLS	1 or 2 springs	5 to 10 reps
<input type="checkbox"/>	TRICEPS PRESS	1 or 2 springs	5 to 10 reps
<input type="checkbox"/>	STANDING PUSH-THRU	1 or 2 springs	3 reps









Appendix F

INTERMEDIATE/ADVANCED CADILLAC

LEGEND

-  = essential
 = intermediate









ROLL-DOWN BAR

	NECK PULL	3 to 5 reps
	ROLL-DOWN WITH BACK EXTENSION	3 reps
	TWIST WITH PULSES	3 reps
	PORT DE BRAS PREP	3 reps
	SIDE BEND PREP	5 reps
	TWIST AROUND THE WORLD	3 reps
	THIGH STRETCH 1 2	5 reps
	AIRPLANE	3 to 5 reps










ROLL-DOWN BAR STANDING

	TRICEPS LUNGE	10 reps
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TRAPEZE

	BALLET STRETCHES STANDING	1 rep
	SPREAD EAGLE	3 to 5 reps
	PULL UP	3 to 5 reps
	REVERSE PULL UP	3 to 5 reps
	WALKOVER	1 rep
	SCISSORS IN AIR	3 to 5 reps
	BICYCLE IN AIR	3 to 5 reps
	TUCK INTO FLEXION & EXTENSION	1 rep





PUSH-THRU BAR SPRINGS FROM ABOVE

	SIT-UP COMBO	5 to 10 reps
	TEASER SERIES 1 2 3 4 5	5 to 10 reps
	PUSH-THRU WITH FEET PREP 1 2 3	3 reps
	CAT	3 to 5 reps
	PUSH-THRU ON STOMACH	3 to 5 reps
	MERMAID WITH ROTATION	2 reps
	SIDE BODY TWIST	3 to 5 reps
	PUSH-THRU ON BACK WITH EXTENSION	3 to 5 reps
	BRIDGE 1 2	3 reps





HANGING FROM UPRIGHTS

	SPREAD EAGLE	3 to 5 reps
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HANGING FROM HORIZONTALS

	KNEE RAISES	5 to 10 reps
	KNEE RAISES WITH OBLIQUES	5 to 10 reps
	CIRCLES	5 to 10 reps
	BEATS	4 set









PUSH-THRU BAR SPRINGS FROM BELOW

	MONKEY	3 to 5 reps
	GUILLOTINE PREP	3 to 5 reps
	HIP OPENER	5 reps
	TEASER SERIES 1 2 3 4 5	5 to 10 reps






ARM SPRINGS

	BACK ROWING 1 2	5 reps
	FRONT ROWING 1 2 3 4 5	5 reps
	FLYING EAGLE WITH LEG SPRINGS	3 to 5 reps






ARM SPRINGS STANDING

	SIDE TWIST STANDING	5 reps
	REVERSE EXPANSION 1 2 3 4 5	4 reps
	OFFERING	5 reps
	HUG A TREE	5 to 10 reps
	BUTTERFLY	3 reps
	PUNCHES	8 to 10 reps
	FENCER LUNGES PREP 1 2	5 reps
	SQUATS	5 reps






LEG SPRINGS

	BEATS	4 sets
	SHORT SPINE	3 reps
	LONG SPINE	3 reps
	MAGICIAN CIRCLES	10 reps
	MAGICIAN BEATS	4 sets
	MAGICIAN WALKS	4 sets

LEG SPRINGS SIDE-LYING

	SCISSORS	8 to 10 reps
	OVALS 1 2	5 to 10 reps
	SIDE KICK STRETCH	3 reps
	DEVELOPÉ	3 to 5 reps
	ROND DE JAMBE	3 to 5 reps

FUZZY HANGING STRAPS

	BALLET STRETCHES	1 rep
	SPREAD EAGLE	3 to 5 reps
	ABDOMINAL CURLS	10 reps
	HALF HANG	1 rep
	FULL HANG 1 2	1 rep

Appendix F

COMPLETE LADDER BARREL

LEGEND	
<input checked="" type="checkbox"/>	= essential
<input type="checkbox"/>	= advanced
<input checked="" type="checkbox"/>	= intermediate

STRETCHES

BALLET STRETCHES 1 rep

FEET ON LADDER

SIDE BEND 8 to 10 reps

OBLIQUES WITH FLEXION 5 reps

ROTATION PRONE 5 reps

SWAN DIVE PREP 3 reps

HANDS ON LADDER

LOWER & LIFT 5 to 10 reps

LEG CIRCLES 8 reps

SCISSORS 4 sets

BEATS 4 sets

SWAN DIVE 5 reps

GRASSHOPPER 5 reps

SIDE-LYING

SIDE LEG LIFTS 1 2 3 5 to 10 reps

SCISSORS 4 sets

ONE ARM PRESS 5 to 10 reps

SHORT BOX SERIES

ROUND BACK HALF FULL 5 reps

STRAIGHT BACK 5 reps

TWIST 5 reps

TWIST WITH ROUND BACK 3 reps

LEAN 1 2 3 3 reps

TREE HALF 1 2 3 3 reps

SITTING

SCISSORS 8 to 10 reps

BICYCLE 8 to 10 reps

LOWER & LIFT 6 to 8 reps

LEG CIRCLES 5 reps

HIP TWIST 3 reps

HORSEBACK 5 reps

FLAT BACK

SCISSORS 6 reps

BICYCLE 6 reps

LOWER & LIFT 6 reps

LEG CIRCLES 5 reps

CORKSCREW 3 reps

HANDSTAND 3 to 5 reps

Appendix F

COMPLETE SPINE CORRECTOR

LEGEND	
<input type="checkbox"/>	= essential
<input type="checkbox"/>	= advanced
<input type="checkbox"/>	= intermediate

WARM UPS

<input type="checkbox"/>	BREATHING FORWARD	2 to 3 reps
<input type="checkbox"/>	BREATHING SIDE	1 rep
<input type="checkbox"/>	SCAPULA ISOLATIONS	3 to 5 reps
<input type="checkbox"/>	ARM SCISSORS	5 reps
<input type="checkbox"/>	ARM CIRCLES	3 to 5 reps

SITTING

<input type="checkbox"/>	SIDE BEND	8 to 10 reps
<input type="checkbox"/>	ROTATION WITH PORT DE BRAS	3 to 5 reps
<input type="checkbox"/>	PORT DE BRAS	3 to 5 reps
<input type="checkbox"/>	OBLIQUES WITH FLEXION	5 reps
<input type="checkbox"/>	ROTATION WITH ATTITUDE	5 reps
<input type="checkbox"/>	SCISSORS	8 to 10 reps
<input type="checkbox"/>	BICYCLE	8 to 10 reps
<input type="checkbox"/>	LOWER & LIFT	6 to 8 reps
<input type="checkbox"/>	LEG CIRCLES	5 reps
<input type="checkbox"/>	HIP TWIST	3 reps

INVERTED POSITIONS

<input type="checkbox"/>	SCISSORS	8 to 10 reps
<input type="checkbox"/>	BICYCLE	8 to 10 reps
<input type="checkbox"/>	WINDMILL	3 to 5 reps
<input type="checkbox"/>	LOWER & LIFT	5 to 10 reps
<input type="checkbox"/>	FROG	5 reps
<input type="checkbox"/>	OBLIQUE CAN-CANS	5 to 10 reps
<input type="checkbox"/>	ROLL OVER	6 to 8 reps
<input type="checkbox"/>	SHOULDER BRIDGE	2 to 3 reps
<input type="checkbox"/>	BACK ARCH & BRIDGE	6 to 8 reps

PRONE

<input type="checkbox"/>	SINGLE LEG EXTENSIONS	6 to 8 reps
<input type="checkbox"/>	LOWER & LIFT	5 to 10 reps
<input type="checkbox"/>	LEG CIRCLES	8 reps
<input type="checkbox"/>	SCISSORS	4 sets
<input type="checkbox"/>	BEATS	4 sets
<input type="checkbox"/>	SWAN DIVE	5 reps
<input type="checkbox"/>	GRASSHOPPER	5 reps
<input type="checkbox"/>	SWIMMING	4 sets
<input type="checkbox"/>	SPINAL EXTENSION	3 to 5 reps
<input type="checkbox"/>	ROTATION PRONE	5 reps

SIDE-LYING

<input type="checkbox"/>	SIDE LEG LIFTS 1 2 3	5 to 10 reps
<input type="checkbox"/>	SCISSORS	4 sets
<input type="checkbox"/>	ONE ARM PRESS	5 to 10 reps

SUPPORTED ON HANDS

<input type="checkbox"/>	PUSH UP	5 to 10 reps
<input type="checkbox"/>	LEG PULL FRONT	3 to 6 reps
<input type="checkbox"/>	LEG PULL	3 to 6 reps

Appendix F

COMPLETE ARC BARREL

LEGEND	
<input type="checkbox"/>	= essential
<input type="checkbox"/>	= advanced
<input type="checkbox"/>	= intermediate

WARM UPS

<input type="checkbox"/>	BREATHING FORWARD	2 to 3 reps
<input type="checkbox"/>	BREATHING SIDE	1 rep
<input type="checkbox"/>	SCAPULA ISOLATION	3 to 5 reps
<input type="checkbox"/>	ARM SCISSORS	5 reps
<input type="checkbox"/>	ARM CIRCLES	3 to 5 reps

SITTING

<input type="checkbox"/>	ROTATION WITH PORT DE BRAS	3 to 5 reps
<input type="checkbox"/>	PORT DE BRAS	3 to 5 reps

INVERTED POSITIONS

<input type="checkbox"/>	HIP ROLLS	3 to 5 reps
<input type="checkbox"/>	SCISSORS	8 to 10 reps
<input type="checkbox"/>	BICYCLE	8 to 10 reps
<input type="checkbox"/>	WINDMILL	3 to 5 reps
<input type="checkbox"/>	LOWER & LIFT	5 to 10 reps
<input type="checkbox"/>	FROG	5 reps
<input type="checkbox"/>	OBLIQUE CAN-CANS	5 to 10 reps
<input type="checkbox"/>	ROLL OVER	6 to 8 reps
<input type="checkbox"/>	SHOULDER BRIDGE	2 to 3 reps
<input type="checkbox"/>	CORKSCREW	3 to 5 reps
<input type="checkbox"/>	TEASER BALANCE	3 to 5 reps

PRONE

<input type="checkbox"/>	SINGLE LEG EXTENSIONS	6 to 8 reps
<input type="checkbox"/>	LOWER & LIFT	5 to 10 reps
<input type="checkbox"/>	LEG CIRCLES	8 reps
<input type="checkbox"/>	SCISSORS	4 sets
<input type="checkbox"/>	BEATS	4 sets
<input type="checkbox"/>	BREAST STROKE PREPS 1 2	3 to 5 reps
<input type="checkbox"/>	SWAN DIVE	5 reps
<input type="checkbox"/>	GRASSHOPPER	5 reps
<input type="checkbox"/>	SWIMMING	4 sets
<input type="checkbox"/>	SPINAL EXTENSION	3 to 5 reps
<input type="checkbox"/>	ROTATION PRONE	5 reps

SUPPORTED ON HANDS

<input type="checkbox"/>	PUSH UP	5 to 10 reps
<input type="checkbox"/>	LEG PULL FRONT	3 to 6 reps
<input type="checkbox"/>	LEG PULL	3 to 6 reps

Appendix F

COMPLETE STABILITY CHAIR

LEGEND

● = essential

■ = advanced

▲ = intermediate

LEGWORK	SPRINGS	REPS
● FOOTWORK 1 2 3 4 5	2 HEAVY-LOW 2 LIGHT-TOP	10 reps
● SINGLE LEG 1 2	2 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
● HAMSTRING PRESS HIPS DOWN	2 HEAVY-LOW 2 LIGHT-TOP	5 to 10 reps
● ADDUCTOR PRESS	2 LIGHT-TOP	10 reps
● ANKLE EXERCISE	2 HEAVY-LOW 1 LIGHT-TOP	10 reps
● LOWER & LIFT STANDING	2 HEAVY-LOW 2 LIGHT-TOP	10 reps
● FOOT PRESS ON LONG BOX 1 2	1 HEAVY-LOW 1 LIGHT-TOP	10 reps
● CROSSOVER PRESS	1 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
● STANDING LEG PRESS 1 2	2 LIGHT-MIDDLE	5 reps
▲ FROG LYING FLAT	1 HEAVY-LOW 1 LIGHT-TOP	6 reps
▲ HAMSTRING PRESS HIPS UP	1 HEAVY-LOW 1 LIGHT-TOP	3 reps
▲ FORWARD STEP UP	2 HEAVY-LOW 1 LIGHT-TOP	5 reps
▲ FORWARD STEP DOWN	1 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
▲ SIDE STEP DOWN	1 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
▲ BACKWARD STEP DOWN	1 HEAVY-LOW 1 HEAVY-TOP	5 to 10 reps
■ SIDE STEP UP	2 HEAVY-LOW 1 LIGHT-TOP	5 reps

LEG WORK SUPPORTED BY ARMS

▲ KNEE RAISES		5 to 10 reps
▲ KNEE RAISES WITH OBLIQUES		5 to 10 reps
▲ LEG CIRCLES		5 to 10 reps
▲ BEATS		4 sets
▲ FROG FRONT	2 HEAVY-MIDDLE	4 reps
▲ FROG BACK	2 HEAVY-MIDDLE	4 reps
▲ FROG BACK HIPS UP	2 HEAVY-LOW 1 LIGHT-TOP	10 reps
■ SIDE LEG EXTENSION 1 2	2 HEAVY-TOP	8 to 10 reps

ARM WORK

● SCAPULA ISOLATION PRONE	1 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
● ONE ARM PUSH PRONE	1 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
● TRICEPS PRESS SITTING	1 HEAVY-LOW 2 LIGHT-TOP	5 to 10 reps
● SCAPULA ISOLATION STANDING	2 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
● TRICEPS PRESS STANDING	2 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
● ONE ARM PREP HAND ON FLOOR	1 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
■ ONE ARM PUSH HAND ON FLOOR	1 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
■ ONE ARM PUSH HAND ON CHAIR 1 2	1 HEAVY-LOW 2 LIGHT-TOP	5 to 10 reps

TORSO FLEXION	SPRINGS	REPS
● AB PRESS SITTING	2 LIGHT-TOP	5 to 8 reps
● CAT STANDING FRONT 1 2 3	2 HEAVY-TOP	6 reps
● TORSO PRESS SITTING PREP	1 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
▲ PIKE ON FLOOR 1 2	2 LIGHT-MIDDLE	3 to 5 reps
▲ CAT KNEELING 1 2 3	1 HEAVY-TOP 1 HEAVY-LOW	6 reps
▲ CAT STANDING SIDE 1 2 3	2 HEAVY-LOW	6 reps
▲ CAT STANDING BACK 1 2	2 HEAVY-TOP	6 reps
▲ ROLL OVER	1 HEAVY-LOW 1 LIGHT-TOP	6 to 8 reps
▲ JACK KNIFE	1 HEAVY-TOP 1 HEAVY-LOW	4 to 6 reps
■ TORSO PRESS SITTING	1 HEAVY-LOW 1 LIGHT-TOP	5 to 10 reps
■ HORSEBACK PREP	1 HEAVY-LOW 1 LIGHT-TOP	5 reps
■ TENDON STRETCH	2 HEAVY-MIDDLE	8 to 10 reps
■ ELEPHANT	2 HEAVY-MIDDLE	3 reps
■ HANDSTAND 1 2	2 HEAVY-LOW	3 to 5 reps

TORSO EXTENSION

● SWAN DIVE FROM FLOOR	2 HEAVY-LOW	5 reps
● SWAN DIVE PREP	1 HEAVY-LOW 1 LIGHT-TOP	5 reps
▲ SWAN DIVE	1 HEAVY-LOW 1 LIGHT-TOP	5 reps
▲ GRASSHOPPER	1 HEAVY-LOW 1 LIGHT-TOP	5 reps

TORSO FLEXION & EXTENSION

▲ SPREAD EAGLE 1 2	2 HEAVY-LOW 1 LIGHT-TOP	3 to 5 reps
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TORSO LATERAL FLEXION

● MERMAID	1 HEAVY-LOW 1 LIGHT-TOP	3 to 5 reps
● MERMAID KNEELING	1 HEAVY-LOW 1 LIGHT-TOP	5 reps
▲ SIDE BEND	1 HEAVY-LOW 1 LIGHT-TOP	5 reps

TORSO ROTATION

▲ ROTATION PRONE	1 HEAVY-LOW 1 LIGHT-TOP	5 reps
▲ LEAN	1 HEAVY-LOW 1 LIGHT-TOP	3 reps
■ SIDE BODY TWIST	1 HEAVY-LOW 1 LIGHT-TOP	3 to 5 reps
■ TWIST	2 HEAVY-TOP	3 to 5 reps