

Checklist for Contemporary Repertoire

To achieve recognition, 90% of the listed Mat and Reformer work and 80% of the remaining content must be included in the training course.

= Exercise included in the curriculum.

1. Mat

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| 1.1. <input type="checkbox"/> Breathing | 1.21. <input type="checkbox"/> Spine Twist |
| 1.2. <input type="checkbox"/> Hundred | 1.22. <input type="checkbox"/> Jackknife |
| 1.3. <input type="checkbox"/> Roll Up | 1.23. <input type="checkbox"/> Side Kicks |
| 1.4. <input type="checkbox"/> Roll Over | 1.24. <input type="checkbox"/> Teaser |
| 1.5. <input type="checkbox"/> Leg Circles | 1.25. <input type="checkbox"/> Hip Circles (Thigh
Circles / Femur Circles) |
| 1.6. <input type="checkbox"/> Rolling Like a Ball | 1.26. <input type="checkbox"/> Swimming (Diving) |
| 1.7. <input type="checkbox"/> Single Leg Stretch | 1.27. <input type="checkbox"/> Leg Pull |
| 1.8. <input type="checkbox"/> Single Straight Leg
Stretch (Scissors) | 1.28. <input type="checkbox"/> Leg Pull Front |
| 1.9. <input type="checkbox"/> Double (Straight) Leg
Stretch | 1.29. <input type="checkbox"/> Leg Pull Back |
| 1.10. <input type="checkbox"/> Criss Cross | 1.30. <input type="checkbox"/> Star |
| 1.11. <input type="checkbox"/> Spine Stretch | 1.31. <input type="checkbox"/> The Twist |
| 1.12. <input type="checkbox"/> Open Leg Rocker | 1.32. <input type="checkbox"/> Boomerang |
| 1.13. <input type="checkbox"/> Corkscrew | 1.33. <input type="checkbox"/> Seal |
| 1.14. <input type="checkbox"/> Saw | 1.34. <input type="checkbox"/> Rocking (Crab) |
| 1.15. <input type="checkbox"/> Swan Dive | 1.35. <input type="checkbox"/> Control Balance
(Horizontal Balance) |
| 1.16. <input type="checkbox"/> Single Leg Kicks | 1.36. <input type="checkbox"/> Push Up |
| 1.17. <input type="checkbox"/> Double Leg Kicks | 1.37. <input type="checkbox"/> Basic preparation
exercises for Mat Work |
| 1.18. <input type="checkbox"/> Neck Pull | 1.38. <input type="checkbox"/> Standing exercises |
| 1.19. <input type="checkbox"/> (high) Scissors /Bicycle | |
| 1.20. <input type="checkbox"/> Shoulder Bridge | |

2. Reformer

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| 2.1. <input type="checkbox"/> Legs in supine position | 2.9. <input type="checkbox"/> Sideways support
positions |
| 2.2. <input type="checkbox"/> Core muscles in supine
position | 2.10. <input type="checkbox"/> Arm exercise in
sitting position / on knees,
looking towards foot bar |
| 2.3. <input type="checkbox"/> Mobilisation of spine in
supine position | 2.11. <input type="checkbox"/> Arm exercise in
sitting position, looking away
from foot bar |
| 2.4. <input type="checkbox"/> Arms in supine position | 2.12. <input type="checkbox"/> Mobilisation of spine
in sitting position |
| 2.5. <input type="checkbox"/> Feet in the straps | 2.13. <input type="checkbox"/> Standing exercise
on and beside the reformer |
| 2.6. <input type="checkbox"/> Reverse positions | |
| 2.7. <input type="checkbox"/> Support positions, looking
at the floor | |
| 2.8. <input type="checkbox"/> Support positions, looking
upwards | |

3. Trapeze Table

- 3.1. Leg exercise with springs in supine position
- 3.2. Arm exercise with springs in supine position
- 3.3. Mobilisation of spine in supine position
- 3.4. Core muscles in supine position
- 3.5. Mobilisation of the lower and upper extremities in supine position
- 3.6. Articulation of the spine in prone position
- 3.7. Articulation of spine while kneeling
- 3.8. Reverse positions
- 3.9. Standing exercise with springs
- 3.10. Standing leg exercise with springs.

4. Chair

- 4.1. Leg exercise in sitting position
- 4.2. Leg exercise in standing position
- 4.3. Arm exercise in prone position
- 4.4. Arm exercise in sitting position / supported
- 4.5. Core strengthening in supine position
- 4.6. Spine mobilisation in prone position
- 4.7. Spine mobilisation in supine position
- 4.8. Spine mobilisation in sitting position
- 4.9. Spine mobilisation in standing position
- 4.10. Supported exercise

5. Barrel / Small Barrel / Spine Corrector

- 5.1. Mobilisation of spine in supine position
- 5.2. Mobilisation of spine in prone position
- 5.3. Mobilisation of spine in lateral position
- 5.4. Core muscles in supine position
- 5.5. Core muscles in prone position
- 5.6. Core muscles in lateral position
- 5.7. Reverse positions
- 5.8. Mobilisation of the lower and upper extremities
- 5.9. Strengthening of the lower extremities