

LEGEND:
H = Heading P = Paragraph
H1 H2 H3 H4 H5 H6 P

Additional formatting notes

Types of exceptions

Questions on best format to use

SECTION	FORMAT	EXCEPTIONS
Primary Focus	Paragraph	n/a
Setting	<p>Equipment Set Up: H3</p> <ul style="list-style-type: none">Bullet point without period P <p>Starting Position: H3</p> <ul style="list-style-type: none">Bullet point with period.Bullet point with period.	<p>Direction or exercise changes starting position:</p> <p>FORWARD VERSION H6</p> <p>Starting Position H3</p> <ul style="list-style-type: none">Bullet point with period. PBullet point with period. <p>Entrance to Starting Position: H5</p> <ul style="list-style-type: none">Bullet with period. <p>Entrance with breath pattern</p> <p>Entrance to Starting Position: H5</p> <ul style="list-style-type: none">Breath – Bullet with period.
Pathway of Movement	<p>Action: H3</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>(2 spaces between action and repetitions)</p> <p>Repetitions: H3</p> <p>4X / 4-6X / 4 sets / 5X each direction for leg.</p> <p>No space between # and X</p> <p>No period after “sets”</p> <p>Add period after when longer sentence</p>	<p>Addition of exit: → entranced moved to starting position</p> <p>Action: H3</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>Exit: H3</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>Exit doesn’t have breath:</p> <p>Exit: H3</p> <p>Step number one to exit the exercise.</p> <p>(1 space)</p>

		<p>Step number two to exit the exercise.</p> <p>Additional preliminary information in italics:</p> <p><i>*The breath for knee extension should match the breath used in Legwork/ The following assumes Legwork extension is on the inhale. P</i></p> <p>Action: H3</p> <p>Inhale (opening springs) – Pull legs backward.</p> <p>Additional steps (not italics):</p> <p>Action: H3</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>Alternate Legs.</p> <p>Change in direction or exercise:</p> <p>1ST VERSION: ARMS FLEXED H6</p> <p>Action: H3</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>2ND VERSION: ARMS EXTENDING H6</p> <p>Action: H3</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>Repetitions: H3</p> <p>4-6X</p> <p>Repetitions listed before Exit:</p>
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		<p>Action: H3</p> <p>Breath (spring open/close) – Action taken during breath, more actions.</p> <p>Breath (spring open/close) – Action taken during breath. (1 space)</p> <p>Repetitions: H3</p> <p>4-6X</p> <p>Exit: H3</p> <p>Breath (spring open/close) – Action taken during breath.</p> <p>Breath includes multiple steps:</p> <p>Action: H3</p> <p>Long Breath (spring open/close) – Multiple action steps needed during one breath.</p> <ul style="list-style-type: none"> • Another step included in same breath. • Another step included in same breath. <p>Breath (spring open/close) – Action taken during breath.</p>
Benefits	<ul style="list-style-type: none"> • Bullet point paragraph P • Bullet point paragraph • Bullet point paragraph 	n/a
Teaching Progressions	<p>Preparatory Exercises: H3</p> <ul style="list-style-type: none"> • <u>Exercise link</u> on Apparatus P • <u>Exercise link</u> <p>Exercise Components: H3</p> <ul style="list-style-type: none"> • <u>Exercise name link</u> or description of components. <ul style="list-style-type: none"> ◦ Description of component. • Exercise component unrelated to the one above. <p><i>Link to exercises whenever applicable.</i></p>	<p>Current exercise is a preparatory exercise and there are no other preparatory exercises:</p> <p>Preparatory Exercises H3</p> <ul style="list-style-type: none"> • Knee Folds/Leg Slides are preparatory exercises for all exercises requiring hip flexion or extension. P <p>Preparatory Exercises: H3</p> <p>Supine Twist on the mat is a preparatory exercise for:</p> <ul style="list-style-type: none"> • <u>Single Leg Circles</u>

Current exercise is a preparatory exercise and there **are other preparatory exercises**:

Preparatory Exercises: **H3**

- Knee Waves
- Butterfly Legs

Supine Twist on Mat is a preparatory exercise for:

- Single Leg Circles.

No teaching progressions:

- no teaching progressions -

Preparatory exercises have additional information:

- Knee Waves **P**
 - The feet on the mat create a closed kinetic chain to better track the path of the legs in space.
 - The weight of the legs is partially supported by the feet on the mat.

When there is a specific order of exercises to teach:

Exercise Components: **H3**

Teach in this order: **H5**

1. on Ladder Barrel **P**
2. on Reformer *current exercise page doesn't link*
3. on Wunda Chair

Preparatory exercise is both reformer and trapeze:

Preparatory Exercises:

- Forward Reach
- Mermaid: *link attached to apparatus*
 - on Reformer

		<ul style="list-style-type: none">○ on <u>Trapeze</u> <p>Preparatory exercise is a part of a series:</p> <p>Preparatory Exercises:</p> <ul style="list-style-type: none">● Short Box Series: <i>series has separate pages</i><ul style="list-style-type: none">○ <u>Functional</u>○ <u>Round Back with Twist</u>● <u>Stomach Massage Series - functional</u> <i>series all on one page</i>
Variations	<p>Title of variation H4</p> <ul style="list-style-type: none">● Bullet point with period. P	<p>Additional information ie. apparatus, movement restrictions or additions, other information:</p> <p>Standing Backward Reach H4 (Trapeze Table) H5</p> <ul style="list-style-type: none">● Bullet point with period. P <p>Arms Abducted Position H4 (Without head turns) H5 <i>Not in NCPC study guide</i> <i>additional side notes in italics</i></p> <ul style="list-style-type: none">● Bullet point with period. <p>When variation lists an exercise with breathing:</p> <p>Cut-a-Tree <i>list same as pathway of movement</i></p> <p>Action: P</p> <p>Inhale (opening springs) - Hug a tree until fingers meet forward.</p> <p>Exhale (closing springs) - Inwardly rotate arm while turning palms down, crossing one hand over the other, then flex elbows to close springs.</p> <p>Inhale (opening springs) - Extend elbows to open springs and place other hand on top.</p>

		Exhale (closing springs) - Open arms to return to starting position.
Modifications	<p>Modification Type H5</p> <ul style="list-style-type: none"> Bullet point with period. P <p>Modification Type H5</p> <ul style="list-style-type: none"> Bullet point with period. 	<p>When the modification relates to two types:</p> <p>Modify Starting Position & Reduce Range of Motion H5</p> <ul style="list-style-type: none"> Use a block to increase the distance between the foot bar and the shoulder rest, or lower the foot bar. <ul style="list-style-type: none"> Allows for a deeper lunge in the starting position and increases the range of motion.
Precautions	<p>Precaution Name/Topic H5</p> <p>Paragraph P</p>	<p>Add bullet points for additional information:</p> <p>Strain on Joints or Muscle H5</p> <p>Avoid aggressive stretching or end-range weight loading.</p> <ul style="list-style-type: none"> Use a range of motion that does not induce pain.
Contraindications	<p>Contraindication Name/Topic: H5</p> <p>Avoid all together or lay out specific movements/ranges of motion. P (bold)</p>	<p>Add bullet points for additional information:</p> <p>Rotator Cuff Impingement H5</p> <p>Avoid aggressive stretching or end-range weight loading. P (bold)</p> <ul style="list-style-type: none"> Use a range of motion that does not induce pain. <p>When there is a list of contraindications to avoid:</p> <p>Avoid spinal inversions with: P (bold)</p> <p>Herniated disc (acute stage) H5</p> <p>Osteoporosis</p> <p>Diabetes, glaucoma,</p> <ul style="list-style-type: none"> or conditions where the eyes are vulnerable when put under pressure <p>Gastric Reflux</p> <p>High Blood Pressure</p> <p>Avoid spinal inversions with: P (bold)</p> <ul style="list-style-type: none"> Herniated disc (acute stage) H5

		<ul style="list-style-type: none">• Osteoporosis• Diabetes or Glaucoma<ul style="list-style-type: none">◦ or conditions where the eyes are vulnerable when put under pressure• Gastric Reflux• High Blood Pressure <p>The contraindication needs more information:</p> <p>Knee Issues: H5</p> <p>Avoid. P (bold)</p> <ul style="list-style-type: none">• If knees are pressure sensitive beyond modification or for knee injuries that compromise the tracking of the femur in relation to the tibia (eg. ACL tears). P
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