



Level Two Schedule

DAY	CURRICULUM
1	Learn the Pelvic Clock
2	Practice the Pelvic Clock
3	Learn the Head Lifts
4	Practice the Head Lifts
5	Learn Proprioceptive Exercise 1
6	Daily Practice 5
7	Use Daily Practice Class 5
8	Use Daily Practice Class 5
9	Use Daily Practice Class 5
10	Learn Scapula Scoops 1
11	Learn Scapula Scoops 2
12	Practice Scapula Scoops 1 & 2
13	Learn the Big X
14	Practice the Big X
15	Learn Proprioceptive Exercise 2
16	Daily Practice 6
17	Use Daily Practice Class 5 or 6
18	Use Daily Practice Class 5 or 6
19	Use Daily Practice Class 5 or 6
20	Use Daily Practice Class 5 or 6
21	Learn the Hamstring Release
22	Practice the Hamstring Release
23	Learn the Quadriceps Release
24	Practice the Quadriceps Release
25	Learn the Gluteal Release
26	Practice the Gluteal Release
27	Daily Practice 7
28	Use Daily Practice Class 5, 6 or 7
29	Use Daily Practice Class 5, 6 or 7
30	Use Daily Practice Class 5, 6 or 7
31	Use Daily Practice Class 5, 6 or 7
32	Learn the Diagonal Curl
33	Practice the Diagonal Curl
34	Learn the Iliotibial Band Release
35	Practice the Iliotibial Band Release
36	Learn Proprioceptive Exercise 3

37	Daily Practice 8
38	Use any of Daily Practice Classes 5-8
39	Use any of Daily Practice Classes 5-8
40	Use any of Daily Practice Classes 5-8
41	Use any of Daily Practice Classes 5-8
42	Learn Shoulder Directions
43	Practice Shoulder Directions
44	Learn the Shoulder, Elbow & Wrist Releases
45	Practice the Shoulder, Elbow & Wrist Releases
46	Daily Practice 9
47	Use any of Daily Practice Classes 5-9
48	Use any of Daily Practice Classes 5-9
49	Use any of Daily Practice Classes 5-9
50	Learn the Steeple Movement
51	Practice the Steeple Movement
52	Learn the Seated Twist
53	Practice the Seated Twist
54	Learn Proprioceptive Exercise 4
55	Daily Practice 10
56	Use any of Daily Practice Classes 5-10
57	Use any of Daily Practice Classes 5-10
58	Use any of Daily Practice Classes 5-10
59	Use any of Daily Practice Classes 5-10
60	Learn the Calf Release
61	Practice the Calf Release
62	Learn the Standing Hamstring Release
63	Practice the Standing Hamstring Release
64	Learn the Seated Hamstring Release
65	Practice the Seated Hamstring Release
66	Learn the Foot Exercises
67	Practice the Foot Exercises
68	Daily Practice 11
69	Use any of Daily Practice Classes 5-11
70	Use any of Daily Practice Classes 5-11
71	Use any of Daily Practice Classes 5-11
72	Use any of Daily Practice Classes 5-11
73	Learn the Head & Knee Lifts
74	Practice the Head & Knee Lifts
75	Learn the Face & Jaw Exercises
76	Practice the Face & Jaw Exercises
77	Learn the Breathing Exercises
78	Practice the Breathing Exercises
79	Daily Practice 12
80	Use any of Daily Practice Classes 5-12
81	Use any of Daily Practice Classes 5-12
82	Final Classes

