



## Level Two Schedule

| DAY | CURRICULUM                               | DAY | CURRICULUM  |
|-----|--|-----|---|
| 1   | <b>Learn the Pelvic Clock</b>            | 42  | <b>Learn Shoulder Directions</b>                      |
| 2   | Practice the Pelvic Clock                | 43  | Practice Shoulder Directions                          |
| 3   | <b>Learn the Head Lifts</b>              | 44  | <b>Learn the Shoulder, Elbow &amp; Wrist Releases</b> |
| 4   | Practice the Head Lifts                  | 45  | Practice the Shoulder, Elbow & Wrist Releases         |
| 5   | <b>Learn Lower Back Release</b>          | 46  | <b>Daily Practice 9</b>                               |
| 6   | <b>Learn Proprioceptive Exercise 1</b>   | 47  | Use any of Daily Practice Classes 5-9                 |
| 7   | <b>Daily Practice 5</b>                  | 48  | Use any of Daily Practice Classes 5-9                 |
| 8   | Use Daily Practice Class 5               | 49  | Use any of Daily Practice Classes 5-9                 |
| 9   | Use Daily Practice Class 5               | 50  | <b>Learn the Steeple Movement</b>                     |
| 10  | <b>Learn Scapula Scoops 1</b>            | 51  | Practice the Steeple Movement                         |
| 11  | <b>Learn Scapula Scoops 2</b>            | 52  | <b>Learn the Seated Twist</b>                         |
| 12  | Practice Scapula Scoops 1 & 2            | 53  | Practice the Seated Twist                             |
| 13  | <b>Learn the Big X</b>                   | 54  | <b>Learn Proprioceptive Exercise 4</b>                |
| 14  | Practice the Big X                       | 55  | <b>Daily Practice 10</b>                              |
| 15  | <b>Learn Proprioceptive Exercise 2</b>   | 56  | Use any of Daily Practice Classes 5-10                |
| 16  | <b>Daily Practice 6</b>                  | 57  | Use any of Daily Practice Classes 5-10                |
| 17  | Use Daily Practice Class 5 or 6          | 58  | Use any of Daily Practice Classes 5-10                |
| 18  | Use Daily Practice Class 5 or 6          | 59  | <b>Learn the Calf Release</b>                         |
| 19  | Use Daily Practice Class 5 or 6          | 60  | Practice the Calf Release                             |
| 20  | Use Daily Practice Class 5 or 6          | 61  | <b>Learn the Standing Hamstring Release</b>           |
| 21  | <b>Learn the Hamstring Release</b>       | 62  | Practice the Standing Hamstring Release               |
| 22  | Practice the Hamstring Release           | 63  | <b>Learn Hip Directions</b>                           |
| 23  | <b>Learn the Quadriceps Release</b>      | 64  | Practice Hip Directions                               |
| 24  | Practice the Quadriceps Release          | 65  | <b>Learn the Seated Hamstring Release</b>             |
| 25  | <b>Learn the Gluteal Release</b>         | 66  | Practice the Seated Hamstring Release                 |
| 26  | Practice the Gluteal Release             | 67  | <b>Learn the Foot Exercises</b>                       |
| 27  | <b>Daily Practice 7</b>                  | 68  | Practice the Foot Exercises                           |
| 28  | Use Daily Practice Class 5, 6 or 7       | 69  | <b>Daily Practice 11</b>                              |
| 29  | Use Daily Practice Class 5, 6 or 7       | 70  | Use any of Daily Practice Classes 5-11                |
| 30  | Use Daily Practice Class 5, 6 or 7       | 71  | Use any of Daily Practice Classes 5-11                |
| 31  | Use Daily Practice Class 5, 6 or 7       | 72  | Use any of Daily Practice Classes 5-11                |
| 32  | <b>Learn the Diagonal Curl</b>           | 73  | <b>Learn the Head &amp; Knee Lifts</b>                |
| 33  | Practice the Diagonal Curl               | 74  | Practice the Head & Knee Lifts                        |
| 34  | <b>Learn the Iliotibial Band Release</b> | 75  | <b>Learn the Face &amp; Jaw Exercises</b>             |
| 35  | Practice the Iliotibial Band Release     | 76  | Practice the Face & Jaw Exercises                     |
| 36  | <b>Learn Proprioceptive Exercise 3</b>   | 77  | <b>Learn the Breathing Exercises</b>                  |
| 37  | <b>Daily Practice 8</b>                  | 78  | Practice the Breathing Exercises                      |
| 38  | Use any of Daily Practice Classes 5-8    | 79  | <b>Daily Practice 12</b>                              |
| 39  | Use any of Daily Practice Classes 5-8    | 80  | Use any of Daily Practice Classes 5-12                |
| 40  | Use any of Daily Practice Classes 5-8    | 81  | Use any of Daily Practice Classes 5-12                |
| 41  | Use any of Daily Practice Classes 5-8    | 82  | <b>Final Classes</b>                                  |