



Level Two Schedule

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