

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION EXAMPLE: SPONDYLOSIS PROGRAM (BASIC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork + Spine Corrector)	Side Lying Rotations Pelvic Clocks Hip Release Sliding Stretches (Glutes, Hamstrings) B&P, IMP, PC, STS (feet down), SC CL & H	N/A	4 each side (es) 4 each direction (ed) 4 es 3-6 BC 3-6 BC, 3-6 BC, 6, 4 es, 6, 4 es	1
Leg & Footwork (Chair)	Doubles: V T, H, TW, HW Calf Press	1/2, 1/3 2/1	6 each 10 es	2
Abdominals (Chair)	Washerwoman 1/Press Down	1/3	6	3
Legs Strapwork (Cadillac)	Leg Spring Series: Little Frogs Circles Openings Stretch	Leg Springs	8 6 ed 6 3-5 BC	8
Spinal Articulation (Matwork)	Cat Stretch	N/A	3 – 6 ed	10
Hip Flexion I (Chair)	Washerwoman 2/Press Down Over	1/3	6	4
Hip Flexion II (Cadillac + Matwork)	CAD Spine Stretch MATWORK Spine Twist Sitting	N/A	4 4 es	9 11
Lunges (Matwork)	Kneeling Lunge Supine Hamstring Stretch	N/A	Twice each side 3 – 5 BC es	12
Box Work	OMIT	-	-	-
Arm Work (Chair)	Seated Shrugs Seated Triceps	1/3 1/3	6 6	5
Additional Leg Work (Chair)	Standing Leg Press	1/3	8 es	6
Lateral Flexion (Chair)	Side Reach	1/3	6 es	7
Extension (Matwork)	Prone Breathing Basic Back Extension Rest Position	N/A	3 – 6 BC 6 3 – 6 BC	13
Body Integration (Matwork)	Kneeling Swimming	N/A	8 es	14
Release (HB)	HB Stretches: Prone Gluteals Hamstring Quad Hip Flexor	N/A	3 – 5 BC 3 – 5 BC es 3 – 5 BC es 3 – 5 BC es 3 – 5 BC es	15