

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION  
EXAMPLE: PATELLOFEMORAL SYNDROME (PROGRESSIVE)

| PIC                                   | REPERTOIRE                                                                                   | SPRINGS     | REP                                                                            | ORDER |
|---------------------------------------|----------------------------------------------------------------------------------------------|-------------|--------------------------------------------------------------------------------|-------|
| Warm Up<br>(MATWORK)                  | FR Lateral Leg Roll<br>PC<br>CL2<br>SLL (Arcs)<br>STS<br>H3<br>Clams 1 + 2<br>VMO Extensions | -           | 3-5 BC es<br>8<br>8<br>4 each side (es)<br>4 es<br>4 es<br>4 es, 4, es<br>4 es | 1     |
| Leg & Footwork<br>(REFORMER)          | Doubles<br>Raises<br>Prances<br>Single Heels + Toes                                          | 2.5         | 8<br>8<br>8<br>6 es, 6 es                                                      | 2     |
| Abdominals<br>(REFORMER)              | 100s<br>Co-ordination                                                                        | 1           | 10 BC<br>6                                                                     | 3     |
| Legs Strapwork<br>(CADILLAC)          | Parallel Presses<br>Parallel Lower & Lift<br>Small Parallel Circles<br>Opening<br>Walking    | Leg Springs | 6<br>6<br>6 es<br>6<br>4                                                       | 8     |
| Spinal Articulation<br>(MATWORK)      | Ball Wall Roll (Parallel Legs)                                                               | -           | 6                                                                              | 9     |
| Hip Flexion I<br>(REFORMER)           | Scooter                                                                                      | 1 1/4       | 8 es                                                                           | 4     |
| Hip Flexion II<br>(REFORMER)          | Upstretch 1<br>Elephant                                                                      | 1.5         | 8<br>8                                                                         | 5     |
| Lunges<br>(MATWORK)                   | Supine TB Hamstring + Lateral Leg Stretch                                                    | 1           | 3 – 5 BC es                                                                    | 10    |
| Box Work<br>(REFORMER)                | SB Series:<br>Genie<br>Flat<br>Tilt<br>Twist                                                 | All         | 6<br>6<br>6 es<br>4 es                                                         | 6     |
| Arm Work<br>(REFORMER)                | Arms Sitting 1 – 3 (sitting on LB)                                                           | 1           | 8, 8, 8                                                                        | 7     |
| Additional Leg Work<br>(WC + MATWORK) | Standing Leg Press<br>Box Adductors                                                          | 1/3         | 6 es<br>6 es                                                                   | 11    |
| Lateral Flexion<br>(WC)               | Side Reach                                                                                   | 1/3         | 6 es                                                                           | 12    |
| Extension<br>(WC)                     | Swan Basic<br>Prone Tricep<br>Preme Arm Presses                                              | 1/3         | 4<br>8<br>8                                                                    | 13    |
| Body Integration<br>(WC)              | Step Up                                                                                      | 2/3         | 6 es                                                                           | 14    |
| Release<br>(HB)                       | Stretch: Quadriceps                                                                          | -           | 3-5 BC                                                                         | 15    |