

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: MULTI-APPARATUS PROGRAM KNEE TENDINOPATHY (PROGRESSIVE)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Prone breathing over BB Diamond Press Prone single leg lift over Cadi with Toning ball PP up + PC down - SLL - Hip rotation with BB CL2, plus SLL, H2, STS		2 sets of 10 6 8 6 each	1
Leg and Footwork (Ref)	Doubles HP,TP,HW, TW, C,P, Single H and Single T	3R and 1Y 2R & 1B	8 8	2
Abdominals (Ref)	Prep for 100 100 Co-ordination	1on4 2on2	6 + 6 2on3	3
Legs Strapwork (Ref)	Parallel Frog Double Lower Lift Circles Peter Pan	Leg Springs	8 8 4 each 3-5BC	4
Spinal Articulation (Ref)	PC with Extension 1-6 Short Spine	2 R and 1 Y	6	5
Hip Flexion I & II (Cadi)	SB Roll Back Forward Sitting Series	Spring Bar	6 8	7
Lunges (Ref)	Reverse Lunge	1R	3-5BC	6
Box Work (Ref)	Omit			
Arm Work (Cadi)	Standing Lat Press Hug a Tree Circles Reverse Biceps	PAP	8 4 each 8each	8
Additional Leg Work (Matwork on Cadi)	Side Kicks	2on2	8	9
Lateral Flexion (Matwork on Cadi)	Side lifts Swimming Side Support	1on3 2on2	4 each side 4 each	10
Extension (Cadi)	Prone 1 and 2 prep	1on4	8	11
Body Integration (Cadi)	Hanging Back			12
Release (Cadi)	Fluffy Stretch		6 each	13