PILATES ITC

11332NAT

EXAMPLE PROGRESSIVE PROGRAM (SMALL APPARATUS: MAGIC CIRCLE)

PIC	REPERTOIRE	REP	ORDER
Warm Up			1
	Breathing and Printing with MC Pec Press and Pec Front	8	'
	Pelvic Curl with Pec Front	8	
	Chest Lift with MC in Hands	8	
	MC Supine 1	8	
	Spine Twist Supine	5 each side	
	100 with MC in knees (legs tabletop)	1 set of 100	
Centring	Rollup with MC in hands	6	2
	Leg Circles	6 each direction	
	Rolling	8	
O'thin a l	Side Reach with MC under hand		3
Sitting I	Side heach with wic under hand	8	3
	Roll Back with MC in hands	8	4
		8 each side	4
Abdominals	Single Leg Stretch with MC in hands	8 each side	
Abdominals	Double Leg Stretch		
	Criss Cross with MC	8 each side	
	Hamstring Pull with MC in hands	6 each	
Spinal Flexion	Spine Stretch with MC between feet and press down as curl forward	6	5
Sitting II	Spine Twist sitting with MC above head in hands	8 reps each	6
Sitting II	Saw	6 each side	
Integration Supine			
	Pelvic curl with MC between knees	8	7
	MC Supine 2	8	
	MC Side Lying Adduction	8 each side	8
	MC Side Lying Abduction	8 each side	
	MC Side Lying Obliques	8 each side	
Lateral and Extension	Single Leg Kick	6 each side	
	MC Prone 1	8	
	MC Prone 2	8	
	Swimming	8	
	Rest pose		
		3 BC	

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V2.0 2/5/2025

Next Pavision Date

Code/Title

Page 1 of 2

Location

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Support Integration	Front Support Side Support	8 BC each side 8 BC each side	9
Full Body Challenge	Teaser Prep with MC in hands MC Standing Arm Series -Press Front - Press High - Press Back - Lat Press - Bicep Press	6 8 each exercises	10
Release	Standing Lunge Roll Down	Twice through	11

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Page 2 of 2