PART 1 | SUBMISSION COVER PAGE

Full Name:	
Contact Number:	
Email:	

CHECK POINT

- ⇒ Cover sheet including your full name.
- ⇒ Cover sheet signed and dated.
- ⇒ You have engaged and gained at least one (1) Supervisor declaration and they (or one of them) have completed the Supervisor Report.
- ⇒ You have completed and submitted required Teaching and Observation hours for your Course or Pathway.
- Supplementary Evidence (optional): include a **certificate of currency to evidence Insurance**. This applies only to Students who have completed teaching practise from home due to accessibility challenges.

CANDIDATE SIGN OFF AND DECLARATION OF AUTHENTICITY

My signature below confirms the following:

- 1. I have read the guidelines and instructions for this logbook submission.
- 2. I choose to be assessed at this time.
- 3. I have kept a copy of this logbook for my own records.
- 4. I understand my logbook will not be returned to me and I will just receive feedback from my Assessor on these tasks.
- 5. I declare that this logbook is my own work and contains no material written by another person except where I have duly referenced. I am aware that making a false declaration may lead to a "Not Yet Competent" grade being given and or a withdrawal of the qualification.

Student's Signature:	
Date of Submission:	

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STUDIO WORK PLACEMENT LOGBOOK

PART 2 | SUPERVISOR DECLARATION + FEEDBACK

INSTRUCTIONS

A Supervisor is a Pilates Instructor who currently works at an affiliated or host Work Placement Studio and who has witnessed that you have attended; participated; or carried out Work Placement. They ensure that Students gain hands-on experience, provide feedback, and support the Students in applying their theoretical knowledge to real-world scenarios. The Supervisor plays a critical role in assessing the Students' progress and helping them develop their professional skills in a supportive environment.

HOW MANY SUPERVISORS CAN I HAVE?

You are required to have a *minimum* of one (1) Supervisor, or you can have multiple over the duration of your Coursework.

Learn more about Work Placement Supervisors in the Knowledge Base Library:

- ⇒ How to: Find a Work Placement Supervisor.
- What to expect from your Supervisor.
- How to: Ask an Instructor to be your Supervisor.
- What can my Supervisor sign off on?

STUDIO WORK PLACEMENT LOGBOOK

SUPERVISOR DECLARATION			
I have the qualification, or Pilates Industry experience to provide below activities, and the activity was performed safely and to inc	third party observation for the above Student's logbook of Instruct dustry standards.	ional activities. I was present when the above St	udent performed the
Supervisor's Full Name:			
Name of Work Placement Studio:			
Supervisor's Signature:		Pate:	
	·	·	
ADDITIONAL SUPERVISOR DECLARATION			
Supervisor's Full Name	Place of Work (Studio)	Signature	Date

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Document Product Dev

Product Development - KT

Location

SUPERVISOR FEEDBACK: STUDENT PARTICIPATION AND PERFORM	ANCE			
SUPERVISOR NAME:	DATE:			
WORK PLACEMENT SITE:				
STUDENT NAME:				
COURSE:				
SUPERVISOR SIGNATURE:	DATE:			
Thank you for giving your time as a Supervisor for Students studying a Pilates ITC qualification the Student's participation and performance. Please answer the following questions and your This feedback is confidential between yourself and the RTO.				
FEEDBACK	YES	MOSTLY	SOME	NO
Was the student professional in their conduct and approach to completing work experience?				
Information regarding supervisor requirements was clear and easy to follow.				
Did the student demonstrate an ability to work with the Studio level Pilates repertoire relevant to their course?				
Did the student correctly apply the foundations and concepts and principles of the Pilates Method including neutral positions, breathing, torso stability, progressions and regressions, controversial and contraindicated exercise?				
Does the student demonstrate an understanding of postural assessment, common faulty postures and appropriate exercise selection and programming?				
Does the student demonstrate an understanding of special conditions and appropriate exercise selection and programming relevant to their course? (Please note, question not relevant to students studying Certificate course).				
Does the student demonstrate a professional working manner whilst in the studio, including professional presentation and behaviour, regular self-mastery (including regular adherence to instructor maintenance protocols)? (Student guidelines are attached for your reference).				

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controller Product Development - KT

Location



Does the student adhere to all WHS Policies and Apparatus Safety Protocols?				
Can you give any additional feedback regarding the Student's instructional ability such as use of communication skills (personality, body language, rapport building skills) and ability to monitor			hing position and moveme	nt around clients,
Do you have any additional feedback and or comments on the questions above or the overall cosupervision?	ourse structure and how you	ı felt the Student progresse	d and managed requiremer	nts whilst under your

CHECK POINT

- ⇒ The Supervisor Feedback Form is complete with the Supervisor's name, studio location (workplace), and this form is signed and dated.
- ⇒ The form is complete, and all required boxes are checked.
- ⇒ The form is complete with <u>your</u> full name and Course.

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#TEACHING HOURS

WORK PLACEMENT TEACH	HING	HOU	IRS E	NTRI	ES																								
UNITS OF STUDY	Use Plar Insti Insti Insti	and mand in and in ruct Piloruct Piloru	aintain nstruct ates st ates St ates St ates St	udio Int tudio Pr tudio in tudio in	ilates Ir Methoo troduct ogress troduct troduct	ndustry d progr cory to sive to i tory to tory to	rammin basic C nterme interme	ig for po adillac idiate C ediate V ediate E	reperto adillac Wunda Barrels	oire Reper Chair Repert			rection	1															
ENTRY	-	2	ო	4	ည	9	7	ω	6	2	12	13	14	15	16	17	9	19	21	22	22	23	24	2.2	27	786	29	30	
Date that you completed this Teaching Entry:																													
How did you perform the activity? Face to Face (F2F), Co Instruction (CI), Teaching Clinic (TC)																													
How many people did you teach to or assist with?																													
How long did you teach? (hrs) Note: you can log multiple hours in the one column (e.g. today I did 3 hours teaching practise)																													

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ticke	d across the duration of your total your teaching h	ours	i.		\top	\top	\top	Т								Τ	Т													
0	Example performance criteria	V										√																		
ENT	RY	-	2	m -	ŧ га	, G	7	ω	6	10	12	13	14	15	16	17	18	19	20	21	22	22	23	24	25	26	27	28	29	30
1	Applied Pilates Industry Standards to provide instruction to clients in an ethical and professional manner																													
2	Consulted with the client/s to establish their fitness and health levels and goals																													
3	Followed all the organisational requirements whilst performing the duties of a Pilates Instructor. For example, reporting any equipment damage, faults, or parts not in peak working order																													
4	Ensured any new or current clients are educated about the Pilates Method.																													
5	Maintained client confidentiality																													
6	Ensured any relevant client files are up to date																													
7	Programmed suitably for my clients. For example, matching clients with apparatus appropriate for their level and ability																													
8	Conducted thorough and comprehensive prescreening where required.																													
9	Referred clients to seek advice from medical or other allied health therapists when appropriate.																													

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STUDIO WORK PLACEMENT LOGBOOK

10	Ensured that conduct is professional when dealing with clients and others Maintained good personal physical and mental health																														
12	Adapted my teaching style to suit a range of clients.																														
EQUI	PMENT																														
13	Inspected the studio's equipment to ensure it was clean and in safe working order before use.																														
14	Ensure that the equipment chosen for the program is suitable for both the program and the client's level of ability																														
ENT	RY	-	2	က	4	2	9	_	œ	6	10	12	13	4	15	16	1/	: 8	19	20	21	22	22	23	‡ c	25	27	28	29	30	
15	Follow the legal and organisational procedure for the space I'm working in to report any equipment damage, faults, or parts not in peak working order if I notice anything																														
16	Use equipment according to the safe use instructions and guidelines within my coursework.																														
17	Set up apparatus correctly according to the program I am assisting on or have planned for the session.																														
18	Match clients with apparatus appropriately for their level and ability.																														
19	Demonstrate and explain the safe use of Pilates apparatus to the client prior to commencement																														

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PILATES ITC

20	React accordingly and quickly to any unsafe or inappropriate use of studio equipment I notice.																													
	I AND INSTRUCT PILATES METHOD P	R0	GR	ΑM	IMI	NG	F) R	PC	ST	UF	RAL	_ A	SS	SESSMENT AND															
CURF	RECTION Communicated effectively with clients,	Π	Г	Π				П		П		П	_			+	1				$\overline{}$	<u> </u>	1			$\overline{}$		$\overline{}$	Т	
21	colleagues, and others																													
	Explained the reason for conducting the initial																									\Box				
22	consultation including the process and																													
	potential outcomes for the client																													
	Obtained permission from the client to record																													
23	sensitive information as part of their client																													
	notes.							4								\downarrow				\perp	_	1				\dashv		4	\downarrow	
	Conducted postural assessment throughout																													
24	the initial consultation in a professional																													
	manner.			_	Н	\vdash		_								+	-	\square	_	+	+	+	-			\dashv	+	+	+	
٥٦	Shared my assessment outcomes with the																													
25	client using effective communications and																													
	correct terminology.															+	-	Н	_	+	+	+	-			\dashv	+	+	-	
26	Actively encouraged the client to provide																													
	feedback throughout and after the session.				Н	Н		\dashv	\dashv		\dashv		\dashv	-		+				+	+	+	-			+	-	+	+	
27	Completed my client notes correctly and legibly.																													
28	Developed a program centred around postural																													
20	improvement to suit clients' needs																											\perp		
ENTF	RY	-	2	က	4	2	9	_	&	6	10	12	13	14	15	1	1 2	18	19	20	2 6	22	23	24	25	26	27	29	2 08	
29	Used effective strategies to establish and																									\Box		T		
29	record clients' goals																													
30	Provided client with clear instructions and							7											T							T				
30	reassurance																	Ш								\perp		\perp		
31	Correctly adapted program to support clients'																													
01	needs																													

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INTF	UCTORY TO BASIC LEVEL CADILLAC
32	opropriately chose repertoire to suitably actch the client's level and individual quirements.
33	onducted a client/s pre-screening before the ssion commenced.
34	sed postural assessment techniques to ponitor clients' core stability and peripheral pobility of clients and made variations to the organizations the organi
35	sured all equipment was set up correctly.
36	emonstrated application of core teaching incepts and principles (e.g. control, inceptration, breathing etc.) and used the incepts ames for exercises.
37	ade sure that each client is familiar with idillac and how the resistance of various echanisms including springs, tension, and ads can impact according to the program pertoire and use of the equipment.
38	lijusted the repertoire due to information tained in the pre-screening
39	emonstrated correct breathing patterns
40	emonstrated correct movement mechanics digital distribution and distributi
41	entified and appropriately applied teaching chniques for controversial and contra-dicated movements.

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PILATES ITC

42	Appropriately identified and addressed any specific requirements of the clients and adapted using cushions, pads, TheraBand, and other aids to ensure optimal technique.																												
ENT	RY	-	2	m .	4 r	9	7	∞	6	2 2	7 6	4	15	16	17	18	19	20	21	22	22	23	24	25	2 6	27	28	30	
43	Provided encouragement, motivation, and constructive feedback to clients																												
44	Utilised different instructing techniques (e.g. visual, verbal, tactile) to establish positive muscle recruitment and movement patterns.																												
45	Provided the correct alternative regression variations to clients who need more support.											1																	
46	Provided the correct progression variation to clients who need additional challenge.																												
PRO	GRESSIVE TO INTERMEDIATE LEVEL (CAD	ILI	LAC																									
47	Appropriately chose repertoire to suitably match the client's level and individual requirements.					T						Ī																	
48	Conducted a client/s pre-screening before the session commenced.											1																	
49	Used postural assessment techniques to monitor clients' core stability and peripheral mobility of clients and made variations to the program if required.																												
50	Ensured all equipment was set up correctly.																												
51	Demonstrated application of core teaching concepts and principles (e.g. control, concentration, breathing etc.) and used the correct names for exercises.																												

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52	Made sure that each client is familiar with Cadillac and how the resistance of various mechanisms including springs, tension, and loads can impact according to the program repertoire and use of the equipment. Adjusted the repertoire due to information																													
53	obtained in the pre-screening									4	4			4		-								\perp	+					
54	Demonstrated correct breathing patterns																													
55	Demonstrated correct movement mechanics and patterns																													
56	Demonstrated an understanding in exercise application in relation to posture																													
ENT	RY	-	2	က	4	2	9	7	∞	o (2	2 5	2 5	+	15	16	17	18	19	20	21	7.7	77	23	2.5	26	27	28	29	30
57	Identified and appropriately applied teaching techniques for controversial and contraindicated movements.																													
58	Appropriately identified and addressed any specific requirements of the clients and adapted using cushions, pads, TheraBand, and other aids to ensure optimal technique.																													
59	Provided encouragement, motivation, and constructive feedback to clients																													
60	Utilised different instructing techniques (e.g. visual, verbal, tactile) to establish positive muscle recruitment and movement patterns.																													
61	Provided the correct alternative regression variations to clients who need more support.																													
62	Provided the correct progression variation to clients who need additional challenge.																													

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PILATES ITC

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63	Followed safety guidelines and teaching protocols								\perp																					
INTR	ODUCTORY TO INTERMEDIATE LEVEL	. Cł	IAF	R																										
64	Appropriately chose repertoire to suitably match the client's level and individual requirements.																													
65	Conducted a client/s pre-screening before the session commenced.																													
66	Used postural assessment techniques to monitor clients' core stability and peripheral mobility of clients and made variations to the program if required.																													
67	Ensured all equipment was set up correctly.																													
68	Demonstrated application of core teaching concepts and principles (e.g. control, concentration, breathing etc.) and used the correct names for exercises.																													
69	Made sure that each client is familiar with the Wunda Chair and how the resistance of various mechanisms including springs, tension, and loads can impact according to the program repertoire and use of the equipment.																													
70	Adjusted the repertoire due to information obtained in the pre-screening																													
ENT	RY	-	2	3	4	o	م د	~ a	5 0	, 01	12	13	14		<u> </u>	16	17	18	19	20	17	27	77	24	2.5	26	27	28	29	30
71	Demonstrated correct breathing patterns																													
72	Demonstrated correct movement mechanics and patterns																													

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PILATES ITC

73	Demonstrated an understanding in exercise application in relation to posture													
74	Identified and appropriately applied teaching techniques for controversial and contraindicated movements.													
75	Appropriately identified and addressed any specific requirements of the clients and adapted using cushions, pads, TheraBand, and other aids to ensure optimal technique.													
76	Provided encouragement, motivation, and constructive feedback to clients													
77	Utilised different instructing techniques (e.g. visual, verbal, tactile) to establish positive muscle recruitment and movement patterns.													
78	Provided the correct alternative regression variations to clients who need more support.													
79	Provided the correct progression variation to clients who need additional challenge.													
INTR	ODUCTORY TO INTERMEDIATE LEVEL	BAF	REL	S										
80	Appropriately chose repertoire to suitably match the client's level and individual requirements.													
81	Conducted a client/s pre-screening before the session commenced.													
82	Used postural assessment techniques to monitor clients' core stability and peripheral mobility of clients and made variations to the program if required.													
83	Ensured all equipment was set up correctly.													

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84	Demonstrated application of core teaching concepts and principles (e.g. control, concentration, breathing etc.) and used the correct names for exercises.																														
ENT	RY	-	2	က	4	2	ا و	~	∞ «	و ا	2 2	: -	2 5	+	<u>ට</u>	16	12	- ~	2 0	20	21	22	22	23	24	25	26	27	28	29	30
85	Made sure that each client is familiar with the Barrels and how the resistance of various mechanisms including springs, tension, and loads can impact according to the program repertoire and use of the equipment.																														
86	Adjusted the repertoire due to information obtained in the pre-screening																														
87	Demonstrated correct breathing patterns																														
88	Demonstrated correct movement mechanics and patterns																														
89	Demonstrated an understanding in exercise application in relation to posture																														
90	Identified and appropriately applied teaching techniques for controversial and contraindicated movements.																														
91	Appropriately identified and addressed any specific requirements of the clients and adapted using cushions, pads, TheraBand, and other aids to ensure optimal technique.																														
92	Provided encouragement, motivation, and constructive feedback to clients																														
93	Utilised different instructing techniques (e.g. visual, verbal, tactile) to establish positive muscle recruitment and movement patterns.																														

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STUDIO WORK PLACEMENT LOGBOOK

94	Provided the correct alternative regression variations to clients who need more support.																															
95	Provided the correct progression variation to clients who need additional challenge.																															
	RUCTIONS: The performance criteria activities ration of your total your teaching hours.	s 96	- 10)1 be	lov	v ne	ed ·	to be	e pe	rfor	me	d a	nd	ick	ked every time you teach across																	
ENTF	RY	-	2	ი -	4 I	ည	ا و	~ °	٥	ا د	2 2	7 5	2	4	15	16	17	- 8	19	20	21	22	22	23	24	25	26	77	78	29	0 8	
0.0	Example performance criteria	~	~	~	/	~	~	~	,		~	~	~	~	~	~	,	,	~	~	~	~	~	~	~	~	~	~	~	~	V	
96	Followed safety guidelines and teaching protocols																															
97	Used correct terminology and medical terms																															
98	Communicated effectively with clients, colleagues, and others																															
99	Demonstrated self-mastery of the exercises, as appropriate																															
100	Packed up equipment and left the work area clean and tidy																															
101	Reported any equipment issue to Management.																															
	AL CUMULATIVE TIME SPENT CHING only.																															
Initials undersi	DENT DECLARATION only. I declare that what I have recorded is true and tand that Work Placement hours are in preparation for ctical Assessment.																															
	ERVISOR SIGNATURE initial each entry.																															

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WHO CAN SIGN OFF MY TEACHING HOURS?

- ⇒ A Supervisor.
- A "client". "Client" defined as: A person to whom you have taught a duration of Pilates to log one or more teaching hours. Clients can be friends, family and or other Students.

CHECK POINT

- ⇒ A minimum of two checks must be applied to each activity, 1-54, across the duration of your teaching hours.
- ⇒ All boxes must be checked every time you complete teaching hours.
- ⇒ Upon submission, review to ensure you have the correct cumulative total required to meet the prescribed teaching hours.
- \Rightarrow Every entry is signed by you.
- ⇒ Every entry is signed by a Supervisor or Client.

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PART 4 | STUDIO - OBSERVATION LOG

#OBSERVATION HOURS	
---------------------------	--

WORK P	LACEMENT HOURS: OBSER	VATION - STUDIO			
DATE	CLASS TYPE (Studio – Private; Studio – IC; Studio - Duo etc)	WORK PLACEMENT STUDIO (WPS) / Online (ONL)	TIME SPENT (Hours)	CUMULATIVE TOTAL	SIGNATURE
14/11/24	Studio - Private	ONL	2 hours	2	Sign here
20/11/24	Studio - Duo	WPS	1.5 hours	3.5	Sign here

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each hour as	at declare that I have carried out as recorded and have totalled the anber of observation hours:	STUDENT SIGNATURE:	DATE:	

WHO CAN SIGN OFF ON MY OBSERVATION HOURS?

- ⇒ A Supervisor.
- ⇒ Yourself (for digital entries only.)

CHECK POINT

- ⇒ Every line of entry is completed in full.
- \Rightarrow Every entry is signed and dated where indicated.

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PART 5 | STUDIO - SELF MASTERY LOG

WORK PLACEMENT HOURS: SELF - MASTERY

SELF-MASTERY

One (1) hour of Self-Mastery per week over the duration of your study for this unit of study.

DATE	CLASS TYPE (Studio – Private, Studio – Duo, Studio – Trio etc)	WORK PLACEMENT STUDIO (WPS) / Online (ONL)	TIME SPENT (Hours)	ACCUMULATIVE TOTAL	SIGNATURE
14/11/24	Studio - Private	ONL	1 hours	7	Sign here
20/11/24	Studio - Duo	WPS	2 hours	3	Sign here

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each hour as	t declare that I have carried out recorded and have totalled the ober of observation hours:	STUDENT SIGNATURE:	DATE:	

WHO CAN SIGN OFF ON MY SELF-MASTERY?

- ⇒ A Supervisor.
- ⇒ You.
- \Rightarrow The group class or session Instructor.

CHECK POINT

- ⇒ Every line of entry is completed in full.
- ⇒ Every entry is signed and dated where indicated.

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PART 6 | REPERTOIRE AUDIT LOG

This is a working document designed to guide your progress and then document your own mastery. Conduct an audit of your ability to perform the Repertoire in the tables below. Please note any exercises that you are not yet comfortable with at the end of this section. You are only required to audit repertoire relevant to this unit cluster.

	MID - PATHWAY	CHECK IN AUDIT			END OF PATHWAY CHECK IN AUDIT
CADILLAC REPERTOIRE	This exercise is clear to executing it.	me. I am comfortable at	This exercise is clear to teaching it.	me. I am comfortable	I am comfortable in executing and teaching this exercise now.
INTRODUCTORY - BASIC LEVEL	YES	NO	YES	NO	YES
Spring Bar Roll Up					
Leg and Footwork: Doubles					
Raises					
Prances					
Leg and Footwork: Single Toes					
Leg and Footwork: Single Heels					
Monkey Stretch 1					
Monkey Stretch 2					
Leg Spring Series: Little Frog					
Leg Spring Series: Circles					
Leg Spring Series: Openings					
Leg Spring Series: Walking					
Leg Spring Series: Scissors					
Leg Spring Series: Bicycle					
Mini Rolls					
Pole Roll					
Spine Stretch					

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Arms Series Supine		
Side Sitting 1		
Prone 1		
Breathing		
Spread Eagle		
Standing Spring Bar Pulls		
Spring Bar Roll Up		
Leg and Footwork: Doubles		
Raises		
Prances		
Leg and Footwork: Single Toes		
Leg and Footwork: Single Heels		
Monkey Stretch 1		
Monkey Stretch 2		
Leg Spring Series: Little Frog		
Leg Spring Series: Circles		
Leg Spring Series: Openings		
Leg Spring Series: Walking		
Leg Spring Series: Scissors		
Leg Spring Series: Bicycle		
Mini Rolls		
Pole Roll		
Spine Stretch		
Arms Series Supine		
Side Sitting 1		
Prone 1		
Breathing		

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STUDIO WORK PLACEMENT LOGBOOK

Spread Eagle					
Standing Spring Bar Pulls					
PROGRESSIVE LEVEL	YES	NO	YES	NO	YES
Mini Rolls Oblique					
Top Loaded Roll Up					
Forward Sitting					
Side Reach					
Preparation for Tower					
Side Sitting 2					
Prone 2					
Mini Rolls Oblique					
INTERMEDIATE LEVEL	YES	NO	YES	NO	YES
Leg and Footwork: Hip Opener					
Bottom Loaded Roll Up					
Tower					
Push Through Bar Saw					
Push Through Bar Cat Stretch					
Bridge Press Prep					
Arms Standing Series: Lat Pullbacks					
Arms Standing Series: Hug-A-Tree					
Arms Standing Series: Circles					
Arms Standing Series: Punching					
Arms Standing Series: Reverse Biceps					
Standing Rowing					
Side Sitting 3					
Prone 3					

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Hanging Back			
Top Loaded Teaser			
Half Hanging			

	MID - PATHWAY	CHECK IN AUDIT	END OF PATHWAY CHECK IN AUDIT		
CHAIR REPERTOIRE	This exercise is clear t executing it.			me. I am comfortable	I am comfortable in executing and teaching this exercise now.
INTRODUCTORY - BASIC LEVEL	YES	NO	YES	NO	YES
Leg and Footwork: Doubles					
Calf Press					
Washer Woman 1					
Washer Woman 2					
Side Reach					
Swan Basic					
Leg and Footwork: Doubles					
Calf Press					
Washer Woman 1					
Washer Woman 2					
Side Reach					
Swan Basic					
Leg and Footwork Singles: Heels/Toes					
Seated Shrugs					
Seated Triceps					
Prone Triceps					
Prone Arm Press					
Floor Frog					

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STUDIO WORK PLACEMENT LOGBOOK

Hamstring Curl 1					
Hamstring Curl 2					
PROGRESSIVE LEVEL	YES	NO	YES	NO	YES
Standing Leg Press					
Cat Stretch					
Side Reach with Rotation					
Floor Swan					
INTERMEDIATE LEVEL	YES	NO	YES	NO	YES
Standing Side Leg Press					
Pike					
Side Pike					
Step Up					
Side Arms Kneeling					
Torso Press Sit					
Teaser					

	MID - PATHWAY	END OF PATHWAY CHECK IN AUDIT			
BARRELS REPERTOIRE	This exercise is clear to executing it.	me. I am comfortable at	This exercise is clear to me. I am comfortable teaching it.		I am comfortable in executing and teaching this exercise now.
INTRODUCTORY - INTERMEDIATE LEVEL	YES	NO	YES	NO	YES
Spine Corrector: Waving					
Spine Corrector: Side Lifts					
Spine Corrector: Chest Lift					

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STUDIO WORK PLACEMENT LOGBOOK

Spine Corrector: Scissor		
Spine Corrector: Openings		
Spine Corrector: Bicycle		
Spine Corrector: Helicopter		
Spine Corrector: The Overhead		
Spine Corrector: Spine Twist		
Spine Corrector: Corkscrew		
Spine Corrector: Rollover		
Spine Corrector: Shoulder Rolling		
High Barrel: Stretches: Prone		
High Barrel: Stretches: Gluteals/Piriformis		
High Barrel: Stretches: Hamstring		
High Barrel: Stretches: Adductors		
High Barrel: Stretches: Quad		
High Barrel: Hip Flexor		
High Barrel: Genie		
High Barrel: Flat Back		
High Barrel: Tilt		
High Barrel: Twist		
High Barrel: The Overhead		
High Barrel: Climb-A-Tree		
High Barrel: Side Over		
High Barrel: Swan		
High Barrel: Reverse Extension		
High Barrel: Horseback		

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	MID - PATHWAY	END OF PATHWAY CHECK IN AUDIT			
PED-A-PUL REPERTOIRE	This exercise is clear to executing it.	me. I am comfortable at	This exercise is clear to me. I am comfortable teaching it.		I am comfortable in executing and teaching this exercise now.
INTRODUCTORY - INTERMEDIATE LEVEL	YES NO		YES	NO	YES
Arm Series: Double Arm Press					
Arm Series: Circles					
Arm Series: Shrugs and Triceps					
Arm Series: Wax On – Wax Off					
Squats / Pliés					
Forward Lunge					

	MID - PATHWAY	END OF PATHWAY CHECK IN AUDIT			
PRE-PILATES REPERTOIRE	This exercise is clear to me. I am comfortable at executing it.		This exercise is clear to me. I am comfortable teaching it.		I am comfortable in executing and teaching this exercise now.
LEVEL - N/A	YES	NO	YES	NO	YES
Pelvic Clock					
Hip Release Sliding					
Side Lying Rotation					
Puppet Arms					
Scapular Protraction and Retraction					
Supine Pole					
Diamond Extension					
Seated Pelvic Tilts and Clock					

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Quadraped Stabilisation			
Kneeling Swimming			
Kneeling Scapular Protraction and Retraction			
Нарру Рирру			
Side Lying Hip Series			
Clams			
Piriformis Stretches			

CHECK POINT

- ⇒ At the end of the Pathway, ALL Repertoire must be documented as 'YES': indicating you are comfortable executing and teaching this repertoire.
- ⇒ Exemption: due to contraindications documented at the point of enrolment, reasonable adjustments or exemptions may have been arranged with the Training Manager. In this instance, please list this for the Assessor's reference.

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