PART 1 | SUBMISSION COVER PAGE

Full Name:	
Contact Number:	
Email:	

PRE-SUBMISSION: 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:	

[OFFICIAL]

Date & Document Version Document 20 May 2025 _V2.0

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 1 of 27

11332NAT: MATWORK 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?

Location

11332NAT: 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 Instructi dustry standards.	onal activities. I was p	oresent when the above St	udent performed the
Supervisor's Full Name:				
Name of Work Placement Studio:				
Supervisor's Signature:	D	ate:		
ADDITIONAL SUPERVISOR DECLARATION				
Supervisor's Full Name	Place of Work (Studio)	Signature		Date

[OFFICIAL] Version V1 09/06/2020 Next Revision Date 09/06/2020 Code/Title Logbook Page 3 of 27

ocument Product Development - KT

Location

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

SUPERVISOR FEEDBACK: STUDENT PARTICIPATION AND PERFOR	MANCE			
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).				

[OFFICIAL] Version V1 09/06/2020 Next Revision Date 09/06/2020 Code/Title Logbook Page 4 of 27

ocument Product Development - KT

Location

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

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	u felt the Student progresse	d and managed requiremer	nts whilst under your

PRE-SUBMISSION: 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.

Date & Docume Version Document

20 May 2025 _V2.0

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 5 of 27

PART 3 | STUDIO - TEACHING LOG

#TEACHING HOURS

WORK PLACEMENT TEACHING HOURS ENTRIES																										
UNITS OF COMPETENCY	NA NA NA NA NA	AT1 AT1 AT1 AT1 AT1 AT1	1332 1332 1332 1332	010 011 012 013 014 015	Use Plar Inst Inst Inst	and n and ruct ruct ruct ruct	ma d ins Pila Pila Pila Pila	intai struc tes tes tes	in co et Pil stud Stud Stud Stud	ore F ates lio Ir lio P lio ir lio ir	ilate Mei trod rogr itrod	s In thod ucto essi ucto	dust pro ory to ve to ory t	gran o ba o inte o int o int	nmir sic C erme erme	ng fo Cadii edia edia edia	or po llac te C ate V ate E	repe adil Vun Barre	iral a ertoir lac R da Ch els Re	e epe nair eper	rtoire	e		corre	ctior	1
ENTRY	-	2	ى 4	- 40	9	7	8	6	0 5	13	14	15	16	17	1 8	6 0	2.0	22	22	23	24	25	26	28	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?																								T		
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)																										
INSTRUCTIONS: The performance criteria activities 1 – 95 below only require a minimum	n of two	o ins	stanc	<u>es</u> t	o be	perf	orm	ed a	and t	icke	d ac	ross	the	dur	atior	n of	you	r tot	tal yo	ur t	each	iing	hou	rs.		
0 Example performance criteria	V									V																

Date & Document Version Document

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 6 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

ENTRY		-	2	ო	4	2	9 2	-	∞ c	n -	12	13	14	15	16	17	<u>~</u>	<u> </u>	0.7	1.7	22	23	24	2.5	26	27	29	
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 pre-screening where required.																											
9	Referred clients to seek advice from medical or other allied health therapists when appropriate.																											
10	Ensured that conduct is professional when dealing with clients and others																											
11	Maintained good personal physical and mental health																											
12	Adapted my teaching style to suit a range of clients.																											
EQUIPN	MENT									·		·				·		·										
13	Inspected the studio's equipment to ensure it was clean and in safe working order before use.																			Ī	T						Ī	

Date & Document Version Document

Next Revision Date

20 May 2025 _V2.0

CW

Code/Title 11332NAT Studio Logbook

Page 7 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

14	Ensure that the equipment chosen for the program is suitable for both the program and the client's level of ability																									
ENTRY		-	7 6	۰	4	م م	م	- ∞	6	10	12	23	- - - -	19	17	1 3	2 3	21	22	22	23	24	26	27	28	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																									
20	React accordingly and quickly to any unsafe or inappropriate use of studio equipment I notice.																									
PLAN A	ND INSTRUCT PILATES METHOD PROGRAMMING FOR POSTURA	LAS	SSE	SS	М	EN.	ΤА	ND	CO	RR	REC	TIO	N													
21	Communicated effectively with clients, colleagues, and others																									\prod
22	Explained the reason for conducting the initial consultation including the process and potential outcomes for the client																									
23	Obtained permission from the client to record sensitive information as part of their client notes.																									
24	Conducted postural assessment throughout the initial consultation in a professional manner.																									
25	Shared my assessment outcomes with the client using effective communications and correct terminology.																									
26	Actively encouraged the client to provide feedback throughout and after the session.																									
27	Completed my client notes correctly and legibly.																									

Date & Document Version Document

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 8 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

28	Developed a program centred around postural improvement to suit clients' needs																								
ENTRY		 7 6	ა 4	٠ د	c 9	> -	&	6	10	12	ر د ا	15	16	17	19	20	21	22	22	24	2.5	26	27	29	30
29	Used effective strategies to establish and record clients' goals																								
30	Provided client with clear instructions and reassurance																								
31	Correctly adapted program to support clients' needs																								
INTRO	DUCTORY TO BASIC LEVEL CADILLAC		•		·	•		•						·		•			•						
32	Appropriately chose repertoire to suitably match the client's level and individual requirements.			I																			I		
33	Conducted a client/s pre-screening before the session commenced.																								
34	Used postural assessment techniques to monitor clients' core stability and peripheral mobility of clients and made variations to the program if required.																								
35	Ensured all equipment was set up correctly.																								
36	Demonstrated application of core teaching concepts and principles (e.g. control, concentration, breathing etc.) and used the correct names for exercises.																								
37	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.																								
38	Adjusted the repertoire due to information obtained in the pre-screening																								
39	Demonstrated correct breathing patterns																								
40	Demonstrated correct movement mechanics and patterns																								

Date & Document Version Document Controller

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 9 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

41	Identified and appropriately applied teaching techniques for controversial and contra- indicated movements.																						$\overline{\perp}$		
42	Appropriately identified and addressed any specific requirements of the clients and adapted using cushions, pads, TheraBand, and other aids to ensure optimal technique.																								
ENTRY		-	7 6	٥ 4	. Lc	9	7	ω .	ء ا	12	13	4 2	19	17	19	20	21	22	22	24	25	26	27	29	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.																								
46	Provided the correct progression variation to clients who need additional challenge.																								
PROGR	ESSIVE TO INTERMEDIATE LEVEL CADILLAC																								
47	Appropriately chose repertoire to suitably match the client's level and individual requirements.																						$oxed{T}$		
48	Conducted a client/s pre-screening before the session commenced.																								
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.																								
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.																								
53	Adjusted the repertoire due to information obtained in the pre-screening																								

Date & Document Version Document

CW

20 May 2025 _V2.0

Next Revision Date Code/Title 11332NAT Studio Logbook

Page 10 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

54	Demonstrated correct breathing patterns																									
55	Demonstrated correct movement mechanics and patterns																									
56	Demonstrated an understanding in exercise application in relation to posture																									
ENTRY		-	2	m •	4	o d	م ٥	~ a	0 6	10	12	13	14	16	17	18	20	21	22	22	24	2.5	26	27	20	30
57	Identified and appropriately applied teaching techniques for controversial and contra- indicated movements.																									T
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.																									
63	Followed safety guidelines and teaching protocols																									
INTRO	DUCTORY TO INTERMEDIATE LEVEL CHAIR																									
64	Appropriately chose repertoire to suitably match the client's level and individual requirements.																									$\overline{\mathbb{L}}$
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.																									

Date & Document Version Document

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 11 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

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																										
ENTRY		-	2	ဗ	4	2	9	_	ω	ء ا	12	13	14	15	16	17	- 1 - 1 - 2	20	21	22	22	53	2.7 7.7	26	27	28	29
71	Demonstrated correct breathing patterns																										
72	Demonstrated correct movement mechanics and patterns																										
73	Demonstrated an understanding in exercise application in relation to posture																										
74	Identified and appropriately applied teaching techniques for controversial and contra- indicated 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.																										

Date & Document Version Document Controller

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 12 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

80	Appropriately chose repertoire to suitably match the client's level and individual																								
81	requirements. Conducted a client/s pre-screening before the session commenced.		+				+								+	+		H	+	+	\prod	+	+	\perp	H
82	Used postural assessment techniques to monitor clients' core stability and peripheral mobility of clients and made variations to the program if required.																		\pm			$\frac{1}{1}$		L	
83	Ensured all equipment was set up correctly.																								
84	Demonstrated application of core teaching concepts and principles (e.g. control, concentration, breathing etc.) and used the correct names for exercises.																								İ
ENTRY		-	2 6	4	2	ၑ	~ o	o	10	12	13	- 2	16	17	1 2	20	21	22	22	24	2.5	26	28	29	3.0
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.																								I
86	Adjusted the repertoire due to information obtained in the pre-screening																								
87	Demonstrated correct breathing patterns																								
88	Demonstrated correct movement mechanics and patterns																								Ī
89	Demonstrated an understanding in exercise application in relation to posture																								
90	Identified and appropriately applied teaching techniques for controversial and contra- indicated movements.																								T
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																								

Date & Document Version Document

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 13 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

93	Utilised different instructing techniques (e.g. visual, verbal, tactile) to establish positive muscle recruitment and movement patterns.																					\top			
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.																								
INSTRU	JCTIONS: The performance criteria activities 96 - 101 below need to be performed and	d <u>tick</u>	<u>ked e</u>	very	tim	<u>e</u> yo	u tea	ch a	cros	s the	dura	tion	of yo	our to	otal y	our te	each	ing h	nours	S.					
ENTRY		-	2 6	ა 4	. 2	9	-	∞ σ	10,	12	13	12	16	17	10 8	20	7 2	22	23	24	25	27	28	29	30
0.0	Example performance criteria	~	~		~ ~	~		· ·	~	~	,	/ /	~	~	~ ~		~	v 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.																								
TOTAL Hours only.	CUMULATIVE TIME SPENT TEACHING																								
Initials only	STUDENT DECLARATION Initials only. I declare that what I have recorded is true and understand that Work Placement hours are in preparation for my Practical Assessment.																								

Date & Document Version Document Controller

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 14 of 27



SUPERVISOR SIGNATURE										
Please initial each entry.										

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.

PRE-SUBMISSION: 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.
- ⇒ Every entry is signed by you.
- ⇒ Every entry is signed by a Supervisor or Client.

Date & Docume Version Document 20 May 2025 _V2.0

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 15 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

PART 4 | STUDIO - OBSERVATION LOG

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

WORK P	WORK PLACEMENT HOURS: OBSERVATION - 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							

Date & Document Version Document

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 16 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

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

WHO CAN SIGN OFF ON MY OBSERVATION HOURS?

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

PRE-SUBMISSION: CHECK POINT

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

Date & Document Version Document

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 17 of 27

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	1	Sign here
20/11/24	Studio - Duo	WPS	2 hours	3	Sign here

Date & Document Version Document

20 May 2025 _V2.0

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 18 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

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.

PRE-SUBMISSION: CHECK POINT

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

Version

Document

20 May 2025 _V2.0

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 19 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

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	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					

Date & Document Version Document

20 May 2025 _V2.0 Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 20 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

Awara Carias Comins			
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			

Date & Document Version Document

CW

20 May 2025 _V2.0 Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 21 of 27

11332NAT: 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					

Date & Document Version Document

Next Revision Date

20 May 2025 _V2.0

CW

Code/Title 11332NAT Studio Logbook

Page 22 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

Hanging Back			
Top Loaded Teaser			
Half Hanging			

	MID - PATHWAY	END OF PATHWAY CHECK IN AUDIT			
CHAIR 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.
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					

Date & Document Version

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 23 of 27

11332NAT: 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 me. I am comfortable at executing it. This exercise is clear to me. I am comfortable at teaching it.			me. I am comfortable	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					

Date & Document Version Document

20 May 2025 _V2.0

CW

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 24 of 27

11332NAT: 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		

Date & Document Version Document

20 May 2025 _V2.0

CW

Next Revision Date C

Code/Title 11332NAT Studio Logbook

Page 25 of 27

	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	YES NO YES NO		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			_		

Date & Document Version

CW

20 May 2025 _V2.0

Next Revision Date

Code/Title 11332NAT Studio Logbook

Page 26 of 27

11332NAT: STUDIO WORK PLACEMENT LOGBOOK

Quadraped Stabilisation			
Kneeling Swimming			
Kneeling Scapular Protraction and Retraction			
Happy Puppy			
Side Lying Hip Series			
Clams			
Piriformis Stretches			

PRE-SUBMISSION: 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

Date & Document Version Document

20 May 2025 _V2.0 Next Revision Date

Code/Title 11332NAT Studio Logbook