

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: MULTI-APPARATUS PROGRAM DOUBLE KNEE RECONSTRUCTION (BASIC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Seated VMO Extensions (with hold at extension) Imprinting PC PP (standing leg away from hip more) with alternating leg lift CL2, H2, SLL alternating, STS		2 sets of 10 6 8 6 each	1
Leg and Footwork (Ref)	Doubles HP,TP,CP, Single H and Single T	3R and 1Y 2R & 1B	8 8	2
Abdominals (Ref)	Arms Supine 1,2,3	1R	6, 6, 6	3
Legs Strapwork (Cadi)	Leg Spring Series - Frog Parallel with Yoga Block Double Lower Lift with Yoga Block Circles	Leg Springs	8 8 4 each 3-5BC	6
Spinal Articulation (Ref)	PC with Extension	2 R and 1 Y	6	4
Hip Flexion I & II (Cadi)	SB Roll Back	Spring Bar	8	7
Lunges (Ref)	Basic lunge	1R	3-5BC	5
Box Work	- OMIT			
Arm Work	- See Release Category			
Additional Leg Work and Body Integration (Cadi)	Push Thru Squats with Single Leg Balance	PTB	8	8
Lateral Flexion (Chair)	Side Reach	1on3	4 each side	10
Extension (Matwork on Cadi)	Prone Breathing BBE		8	9
Arm Work and Release (PAP)	Doubles Circles Shrugs and Triceps	PAP	8 4 each 8each	11