## 11332NAT

HANDOUT: EXAMPLE PROGRESSIVE PROGRAM (MATWORK)

## PILATES ITC

REPERTOIRE	REP	ORDER
Printing and Imprinting	4	1
Pelvic Curl	8	2
Chest Lift (3)	8	3
Single Leg Lifts (alternating)	5 each side	4
Spine Twist Supine	5 each side	5
Hula (3)	5 each side	6
The Hundred	10 BC	7
Rollup	6	8
Leg Circles	6 each direction,	9
	each side	
Rolling	4	10
	4 each side	
	8, hold for 6 arm	11
Roll Back – hold back for arm raises	raises	12
Single Leg Stretch	6	13
	6 each side	14
		15
		16
		17
Spine Stretch	0	17
Spine Twist Sitting	5 each side	18
Saw	5 each side	19
Pelvic Curl (arms overhead)	8	20
Spine Twist supine (double legs extending)	8	21
Side Lifts	8 each side	22
Abduction/Adduction	8 each side	23
Side Kicks	8 each side	24
Side Leg Lifts	8 each side	25
Single Leg Kick	8 each side	26
Double Leg Kick	6	27
Swimming	8 BC	28
Rest Position	3 BC	29
Front Support	5 BC	30
Pike	5 BC	31
Side Support	5	32
Teaser Prep	6	33
Standing Lunge	Twice each side	34
	Printing and Imprinting Pelvic Curl Chest Lift (3) Single Leg Lifts (alternating) Spine Twist Supine Hula (3) The Hundred Rollup Leg Circles Rolling Side Reach Roll Back – hold back for arm raises  Single Leg Stretch (4 point) Criss Cross Hamstring Pull Spine Stretch Spine Twist Sitting Saw Pelvic Curl (arms overhead) Spine Twist supine (double legs extending) Side Lifts Abduction/Adduction Side Kicks Side Leg Lifts Single Leg Kick Double Leg Kick Swimming Rest Position Front Support Pike Side Support	Printing and Imprinting         4           Pelvic Curl         8           Chest Lift (3)         8           Single Leg Lifts (alternating)         5 each side           Spine Twist Supine         6 each side           Hula (3)         5 each side           The Hundred         10 BC           Rollup         6           Leg Circles         6 each direction, each side           Rolling         4           Side Reach         4 each side           Roll Back – hold back for arm raises         6           Single Leg Stretch         6           Double Leg Stretch (4 point)         6 each side           Criss Cross         6 each side           Hamstring Pull         5 each side           Spine Twist Sitting         5 each side           Spine Twist supine (double legs extending)         8           Side Kicks         8 each side           Side Kicks         8 each side           Side Kicks         8 each side           Side Kick         8 each side           Side Kick         8 each side           Side Lifts         8 each side           Side Leg Kick         8 each side           Side Leg Kick         8 each side

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