

## 11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: MULTI-APPARATUS FIRST PROGRAM POST IC FOR LUMBAR DISC BULGE.

| PIC                              | REPERTOIRE                                                                                                 | SPRINGS      | REP           | ORDER |
|----------------------------------|------------------------------------------------------------------------------------------------------------|--------------|---------------|-------|
| Warm Up<br>(Matwork)             | Printing, Breathing, Imprinting PP, Hip Release Slides CL#1&2, SLL alternating<br>Quadrapped Stabilisation | NA           | 6-10          | 1     |
| Leg and Footwork<br>(Reformer)   | Doubles: HP, TP, V, HW, TW<br>Raises                                                                       | 2.5<br>2.5   | 6-10<br>10-12 | 2     |
| Abdominals<br>(Cadillac)         | Arms 1, 2, 3                                                                                               | 1            | 6-10          | 5     |
| Legs Strapwork<br>(Cadillac)     | Single Leg Press<br>Single Leg lower Lift                                                                  | 1.5          | 6-10          | 6     |
| Spinal Articulation              | OMIT                                                                                                       |              |               |       |
| Hip Flexion I & II<br>(Reformer) | Scooter - neutral                                                                                          | 1            | 8             | 3     |
| Lunges<br>(Reformer)             | Basic Lunge                                                                                                | 1            | 3-5BC         | 4     |
| Box Work                         | OMIT                                                                                                       |              |               |       |
| Arm Work<br>(Matwork)            | Supine: Openings, Switches, Overhead add hand weight                                                       | Hand Weights | 6-10          | 7     |
| Additional Leg Work<br>(Matwork) | Wall Glutes 1 & 2, Blue Ball Basic Adductor, Glute Stretch                                                 | NA           | 6-10          | 8     |
| Lateral Flexion<br>(Matwork)     | Side Lifts - Single                                                                                        | NA           | 3-5 es        | 9     |
| Extension<br>(Matwork)           | Prone Breathing, BBE                                                                                       | NA           | 6-10          | 10    |
| Body Integration<br>(Matwork)    | Quadruped Arm and Leg Slides along Mat<br>Kneeling Swimming                                                | NA           | 4es<br>4es    | 11    |
| Release<br>(Matwork)             | Cat Stretch – reduced ROM                                                                                  | NA<br>NA     | 5             | 12    |