

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION EXAMPLE: PROGRAM FOR LOW BACK PAIN (BASIC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Cat Stretch Side Lying Rotations Side Lying Hip Series 1, 2, 3 Pelvic Clocks IMP, PC, CL2, SLL, STS, H2,	N/A	3 – 6 ed 4 each side (es) 6 es each 6 3 – 6 BC, 6, 6, 4 es, 4 es, 4 es	1
Leg & Footwork (Reformer)	Doubles: HP, TP, V, HW, TW Raises Prances Singles Basic Heels Singles Basic Toes	2.5	6 each 10 20 6 each side 6 each side	2
Abdominals (Reformer)	Arms Supine Series 1 - 5 Preparation for the Hundred	1	4 each 6	3
Legs Strapwork (Reformer)	Legs Strap work Series: Little Frogs Circles Openings (high) Stretch	1.5	6 6 ed 6 3 – 6 BC	4
Spinal Articulation (Reformer)	PC PC with Extension	3	5 4	5
Hip Flexion I (Reformer)	Knee Stretch Series: Scooter Knee Stretch: Round	1 1	6 es 6	6
Hip Flexion II (Reformer)	Elephant	1.5	8	7
Lunges (Reformer)	Basic Lunge	1	Twice each side	8
Box Work	OMIT	-	-	-
Arm Work (PAP)	Ped-a-Pul Arm Series: Double Arm Press Circles Shrugs and Triceps	Both	4 4 each direction (ed) 4 each 4 ed	9
Additional Leg (Matwork)	Wall Glute Series: Side Lifts, Forward and Lift, Forward Drops MC Basic Adductor Squeeze Glute Stretch	N/A	6 es, 6 es, 15 es 6 3 – 6 BC	10
Lateral Flexion (Chair)	Side Reach	1/3	6 es	12
Extension (Matwork)	Basic Back Extension Half Swimming (legs) Rest Position	N/A	6 15 BC 3 – 6 BC	11
Body Integration (Chair)	Standing Leg Press (with handles assist)	1/3	8 es	13
Release (Matwork)	Roll Down	N/A	4	14