

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork/Cad)	PTB supine shave PTB pelvic press + SLL SLL, DLS (no chest lift) STS MC Basic adductor squeeze		2 sets of 10 6 8 6 each	1
Leg and Footwork (Cad)	Doubles TV, TP, HP, TW, R/P Single T	BL2	8 8	2
Abdominals (Cad)	Arms supine series no chest lift	Arm springs	8 each	3
Legs Strapwork (Cadi)	Parallel frog, little frog, openings, circles	Leg Springs	8,8,8 4 each way	4
Spinal Articulation (Cad)	Thread needle on Cadillac	TL 1		5
Hip Flexion I & II (Ref)	Neutral scooter + balance Reverse knee stretch neutral Downstretch Upstretch 1, 2 Elephant	1R 1R 1R, 1Y 1R 1R, 1 Y		6
Lunges (Ref)	Kneeling lunge	1R	3-5BC	7
Box Work (Ref)	Flat, Tilt, Twist	All		8
Arm Work (Ref)	Chest expansion	1R	8	11
Additional Leg Work (Reformer)	Standing Abduction and Adduction Skating	1R	8	12
Lateral Flexion (Ref)	Side Overs	All	4 each side	9
Extension (Ref)	Pulling Straps 1 and 2	1R	8	10
Body Integration (High Barrel)	Jockey prep	N/A		13
Release (High Barrel)	Piriformis stretch, hamstring stretch, adductor stretch, quadriceps stretch		3-5BC	14

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION
EXAMPLE: MULTI- APPARATUS PROGRAM FOR OSTEOPOROSIS AND NECK PAIN.

Document Controller	CW	Location
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