

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: MULTI-APPARATUS PROGRAM HIP IMPINGEMENT (BASIC TO PROGRESSIVE)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Breathing, Pelvic Clock Imprinting Pelvic Curl with blue ball between legs plus rotations CL2 Single Leg lifts H2 STS	N/A	3 each way 6 8 + 8 8 5 each 5 each 5 each	1
Leg and Footwork (Reformer)	Doubles H, T, V, HW, TW, R, P, Single Heels and toes Progressive	3.5 -4 2.5 -3	8 8	3
Abdominals (Reformer)	Arms Supine Series – 1,2, 3 100's Co-ordination with Tricep press	1 1/4	6 10 6	4
Legs Strapwork (Cadillac)	Parallel Frog with yoga block Frog High openings Circles	1 1/2	8	5
Spinal Articulation (Reformer)	Short Spine Prep PC with Extension	1 1/2	3 4	6
Hip Flexion I & II (Reformer)	Scooter Round Knee Stretch Neutral and round Elephant	1 ¼ 1 ¼ 1 ¼	4 each 6 each 6	7
Lunges (Reformer)	Kneeling Lunge	1 1/4	3-5BC	8
Box Work (Reformer)	Short Box - Genie - Flat - Tilt - Twist	All	6 3 each 3 each	9
Arm Work (Ref)	Chest expansion Lat press Shoulder Press	1 red	8 6 6	10
Additional Leg Work (Matwork)	MC adductor Squeeze Kneeling Glute Series - Bent leg lifts - Side Leg lifts - Long Leg lifts	Box		2
Lateral Flexion (Spine Corrector)	Side Lifts Shoulder Roll	1	4 each side 4 each	12
Extension (Reformer)	Pulling Straps 1 and 2	1	6-8	11
Body Integration (Spine Corrector)	The Overhead with hand weights	Trapeze	6	13
Release (Matwork)	Standing Pole Series	NA	5 3	14

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