

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: TENNIS ELBOW (BASIC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (MATWORK)	Forearm Extensor Stretches Supine Pole PC CL1 SLL STS H1 Scapula Retraction/Protraction	-	3-5 BC 6 6 6 4 each side (es) 4 each side (es) 4 each side (es) 6	1
Leg & Footwork (REFORMER)	Doubles Raises Prances Single Heels + Toes	2.5	6 6 6 6 es. 6 es	2
Abdominals (REFORMER)	Arms Supine 1 + 2 100s Preparation	Arm Springs	4, 4 6	3
Legs Strapwork (REFORMER)	Frogs Circles Openings (high) Adductor Stretch	Leg Springs	6 6 each direction 6 3-5 BC	4
Spinal Articulation (REFORMER)	Pelvic Curl	3	4	5
Hip Flexion I (REFORMER)	Scooter	1	6 es	6
Hip Flexion II (REFORMER)	Elephant	1 1/4	6	7
Lunges (REFORMER)	Basic Lunge	1	Twice each side	8
Box Work	OMIT			
Arm Work (MATWORK)	FR Arms Supine Series : Openings Switches Doubles Pec Stretch		6 6 es 6 3-5 BC	9
Additional Leg Work (MATWORK)	Wall Glutes Series: Side Lifts Forward and Lift Forward Drops Magic Circle Basic Adductor Squeeze Wall Glute Stretch	-	6 es 6 es 12 es 6 3-5 BC	10
Lateral Flexion (SC)	SC Side Lifts		6	13
Extension (MATWORK)	Basic Back Extension Rest Position	1	6 3-5 BC	11
Body Integration (MATWORK)	Quadruped Stabilisation 1, 2, 3	-	6 es for all	12
Release (SC)	SC Waving Forearm Stretches	-	4 es 3-5 BC es	14