

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: SOLE APPARATUS CADILLAC PROGRAM RIGHT MASECTOMY AND 5 LYMPH NODES REMOVED (INTERMEDIATE)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Cadillac)	Supine Push Thru Pelvic Curl plus holding PTB series - Pelvic Curl - Single leg Pelvic Curl Mini Roll Mini Roll Obliques Spine Twist Supine TL Roll Up Prone Push Thru Prone 1	TL1	6 8 8 8 6 each side 4 each side 6 4 4	1
Leg and Footwork (Cadillac)	Doubles: V, TP, HP, TW, HW Raises, Prances Singles: T, Lower Lift	BL2 BL1	8 8 8, 6	2
Abdominals (Cadillac)	Arms Springs Abdominal Series - CL3 - 100's prep - 100 - Co-ordination	Arm Springs	6 6 10 8	5
Legs Strapwork (Cadillac)	Little Frogs Circles both directions Low Openings Walking Bicycles	Leg Springs	10 each	6
Spinal Articulation (Cadillac)	Tower	BL1	6	3
Hip Flexion I & II (Cadillac)	Monkey Stretch 1, 2	BL1	8	4
Lunges	OMITTED	N/A	-	-
Box Work	OMITTED	N/A		
Arm Work (Cadillac)	Lat Press Hug a Tree Circles Boxing Revers Biceps	Arm Springs	8 each	8
Additional Leg Work (Cadillac)	Walking Bicycles	Leg Springs	4 sets of 8-10 4 both direction	7
Lateral Flexion (Cadillac)	Side Sitting 2, 3	TL1	3 each side	9
Extension (Cadillac)	Prone 2, 3 Rest Position	TL1	3	10
Body Integration (Cadillac)	Hanging Back	Tower	6	11
Release (Cadillac)	Fluffy Stretches	Fluffies	3-5BC	12