

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION
EXAMPLE: SPONDYLOLITHESIS PROGRAM (PROGRESSIVE)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Prone Breathing over Pilates Arc Single arm lifts plus double plus arm pumps with weights PC feet on arc CL- sit on step Single Leg Lift – sit on step Hula – sit on step Spine Twist Supine over back of arc Roll Over over back of arc		3-5 BC 3 each and 6 8 8 4 each 5 each 3 each 2 each way	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	2
Abdominals (Reformer)	Arms Supine Series – 1,2, 3, 4, 5 100's Co-odination with Tricep press	1 1/4	6 10 6	3
Legs Strapwork (Cadillac)	Leg Spring Series - Frog, Circles, Opening high and low	Leg Springs	8	11
Spinal Articulation (Reformer)	Short Spine Prep Short Spine	1 1/2	3 4	4
Hip Flexion I & II (Reformer)	Scooter Round Knee Stretch R and F Reverse Knee Stretch round Elephant	1 ¼ 1 ¼ 1/2 1 ¼	8 4 each 6 6	5
Lunges (Reformer)	Kneeling Lunge	1 1/4	3-5BC	6
Box Work (Reformer)	Short Box - Genie - Tilt - Twist Prep	All	6 3 each 3 each	7
Arm Work (Reformer and Cadi)	Shoulder Press Standing Spring bar Pulls Chest Expansion	1 red Arm springs	8 6 6	8 13
Additional Leg Work (Cadi)	Walking, Scissors Bicycle	Leg Springs	8-10 6 sets 3 each way	12
Lateral Flexion (Reformer)	Side Reach Mermaid	1	4 each side 4 each	9
Extension (Reformer)	Pulling Straps 1 and 2 over arc	1	6-8	10
Body Integration (Cadi)	Breathing	Trapeze	6	14
Release (Cadi)	Spread Eagle SRD	NA	5 3	15