

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION
EXAMPLE: CARPAL TUNNEL SYNDROME (INTERMEDIATE)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (MATWORK + SC)	Forearm Extensor and Flexor Stretches Supine Protraction and Retraction PC feet on SC arc SC Chest Lift SC Hula	-	8 each	1
Leg & Footwork (WC)	Doubles HP, TP, V, HW, TW Calf Press + upright tricep press (1kg weights)	2	10 each 10, 8	6
Abdominals (SC)	SLS DLS HP CxCx The Overhead	-	8 8 5 each side (es) 4 es 6	2
Legs Strapwork (SC)	Scissors Openings Bicycle Helicopter (1kg ankle weights)	1kg ankle weights	5 es 10 5 es 5 es	3
Spinal Articulation (SC)	Rollover (1kg ankle weights)	1kg ankle weights	4 each direction	4
Hip Flexion I (SC)	Spine Twist Corkscrew	-	5 es 5 es	5
Hip Flexion II	OMIT	-	-	-
Lunges	OMIT	-	-	-
Box Work (HB)	Genie Flat Tilt Twist (all holding short pole overhead)	-	8 8 8 4 es	9
Arm Work (PAP)	Arms Doubles Circles Shrugs and Triceps (all in a squat position) Wax On Wax Off	Arm springs	8 5 each direction 8, 8 5 es	8
Additional Leg Work (WC)	Standing Leg Press Front and Side Step Up	1 2	8 es, 8 es 8 es	7
Lateral Flexion (HB)	Side Over	-	8	10
Extension (HB)	Reverse Extension Swan	-	10 5	11
Body Integration (HB)	Climb a Tree	-	5 es	12
Release (SC)	Waving Shoulder Rolling	-	6 es 6 es	13