

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION EXAMPLE: DISC BULGE PROGRAM (BASIC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	B&P Hip Release Sliding Supine Pole Pelvic Press, CL1, SLL, STS (feet down small ROM)	N/A	3 – 6 BC 4 each side (es) 6 6, 6, 4 es, 4 es	1
Leg & Footwork (Reformer)	Doubles: HP, TP, V, HW, TW Raises Prances	2.5	8 each 10 20	2
Abdominals (Reformer)	Arms Supine Series 1 - 5	1	4 each	3
Legs Strapwork (Cadillac)	Single Leg Spring Parallel Presses Lower Lift	Leg Springs	6 es 8	4
Spinal Articulation (Matwork)	Cat Stretch	N/A	3 – 6 ed	5
Hip Flexion I (Matwork)	Quadruped Stabilisation 1, 2, 3, 4	N/A	6 each	6
Hip Flexion II (Matwork)	Kneeling Swimming	N/A	8 es	7
Lunges (Matwork)	Kneeling Lunge or Seated Hamstring	N/A	Twice each side or 3 – 6 BC	8
Box Work	OMIT	-	-	-
Arm Work (PAP)	Ped-a-Pul Arm Series: Double Arm Press Circles Shrugs and Triceps	Both	4 4 each direction (ed) 4 each 4 ed	14
Additional Leg Work (Matwork)	Fitball Squats	N/A	6	9
Lateral Flexion (Matwork)	Side Lifts (Single)	N/A	6 es	10
Extension (Matwork)	Prone Breathing Basic Back Extension	N/A	3 – 6 BC 6	11
Body Integration (Matwork)	Seated Fitball: Clocks/Tilts Single Leg Lifts	N/A	6 6 es	12
Release (Matwork)	Fitball Seated Thoracic Extension Wall Glute Stretch	N/A	6 3-6 BC	13