

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: SHOULDER INSTABILITY PROGRAM (PROGRESSIVE TO INTERMEDIATE)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (CADILLAC)	Roll Down Standing RC Pulls Quadruped Stabilisation + Protraction/Retraction PC STS CL3 H3 SB Roll Up	- Spring Bar	6 6 6 6 6 6 each side (es) 6 es 6 es	1
Leg & Footwork (CADILLAC)	CAD Dbls, R, P, Sgl T, H	BL2	8,8, 8, 6 es. 6 es	2
Abdominals (CADILLAC)	CAD Arms Supine 1 + 100s Prep + 100s	Arm Springs	4, 4 10 BC	3
Legs Strapwork (CADILLAC)	CAD Frogs, Circles, Openings, Stretch	Leg Springs	6, 6 each direction, 6 3-5 BC	4
Spinal Articulation (MATWORK)	Ball Wall Roll	-	4	7
Hip Flexion I (CADILLAC)	TL Cat Stretch (monitor shoulder placement)	TL1	6	5
Hip Flexion II	OMIT			
Lunges	OMIT			
Box Work	HB SB Series: Genie Flat Tilt Twist		8 8 4 es 4 es	8
Arm Work (CADILLAC)	CAD Standing Arms: Lat Pulls, Hug-a-Tree, Reverse Biceps	Arm Springs	8 8 8	6
Additional Leg Work (MATWORK)	Kneeling Glute Series: Bent Leg Lifts Side Leg Lifts Straight Leg Lifts Box Adductors, Glute Stretch	-	6 es, 6 es, 6 es 6 es 3 – 5 BC	11
Lateral Flexion (HB)	Side Overs Preparation (arms crossed over chest)	-	6	9
Extension (HB)	Basic Back Extension (arms crossed over chest)	-	4	10
Body Integration (MATWORK)	Front Support-to-Pike	-	3 – 5 BC	12
Release (MATWORK)	Standing Roll Down		3	13