

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION EXAMPLE: MULTI-APPARATUS SCOLIOSIS PROGRAM (BASIC)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Quadruped Stabilisation 1, 2, 3, 4 Cat Stretch B&P, IMP, PC, CH2, SLL, STS (feet on ball), H2	N/A	6 each 3 – 6 each direction (ed) 3-6 BC, 3-6 BC, 6, 6, 4 each side (es), 4 es, 4 es	1
Leg & Footwork (Reformer)	Doubles: HP, TP, V, HW, TW Raises Prances Singles Basic Heels Singles Basic Toes	2.5	6 each 10 20 6 each side 6 each side	2
Abdominals (Reformer)	Arms Supine Series 1 - 5 Preparation for the Hundred	1	4 each 6	3
Legs Strapwork (Reformer)	Legs Strap work Series: Little Frogs Circles (small ROM) Openings (small ROM) Stretch	1.5	6 6 ed 6 each 3-6 BC	4
Spinal Articulation (Reformer)	PC PC with Extension	3	5 4	5
Hip Flexion I (Reformer)	Knee Stretch Curve, Flat	1	6 each	6
Hip Flexion II (Reformer)	Elephant	1.5	8	7
Lunges (Reformer)	Basic Lunge	1	Twice each side	8
Box Work	OMIT	-	-	-
Arm Work (Matwork)	FR Arms Supine Series: Openings Switches Overhead Pec Stretch	N/A	5 5 ed 5 3-6 BC	9
Additional Leg Work (Matwork)	Side Lying Hip Series 1, 2, 3 MC Basic Adductor Squeeze Glute Stretch	N/A	6 es each 6 3 – 6 BC	10
Lateral Flexion (Chair)	Side Reach (stretch tight side second)	1/3	6 es	13
Extension (Matwork)	Basic Back Extension Swimming Rest Position	N/A	6 15 BC 3 – 6 BC	11
Body Integration (Matwork)	Kneeling Swimming Front Support Preparation (on elbows)	N/A	8 es 3 – 6 BC	12
Release (HB)	HB Stretches: Prone Gluteals Hamstring Quad Hip Flexor	N/A	3 – 5 BC 3 – 5 BC es 3 – 5 BC es 3 – 5 BC es 3 – 5 BC es	14