

11332NAT DIPLOMA OF PROFESSIONAL PILATES INSTRUCTION

EXAMPLE: MULTI-APPARATUS PROGRAM HYPERMOBILITY OF THE SHOULDER GIRDLE (INTERMEDIATE)

PIC	REPERTOIRE	SPRINGS	REP	ORDER
Warm Up (Matwork)	Side Lying Rotations plus Chalk Circles Quadruped Stabilisation - Protraction and Retraction - Cat Paws - Arm Slides PC with MC Chest Press CL3 plus single leg lift, alternating SLS, DLS, CX, STS Rolling Roll over		3 each x 2 3 each 6 6 8 4 + 4 8 6 2 each way	1
Leg and Footwork (Chair)	Doubles H, T, V, HW, TW – add arm variations Calf Press Standing Leg press	2on3 2on3 1on4	8 8 8	2
Abdominals (Chair)	WW1 with Arm Pumps Pike	1on4 2on2	6 + 6 2on3	3
Legs Strapwork (Chair)	Leg Spring Series - Frog, Circles, Openings, Peter Pan	Leg Springs	8	4
Spinal Articulation (Chair)	Cat Stretch	1on3	6	5
Hip Flexion I & II (Chair)	Spilt Pedal WW2 WW2 with rotation	1on3	6 3each	6
Lunges (Matwork)	Standing lunge		3-5BC	11
Box Work (High Barrell)	Short Box - Genie - Tilt - Twist	All	6 3 each 3 each	12
Arm Work (Chair)	Prone Arms 1 and 2	1on3	8	7
Additional Leg Work (Chair)	Step up	2on2	8	9
Lateral Flexion (Chair)	Side Reach with Rotation Side Pike	1on3 2on2	4 each side 4 each	10
Extension (Chair)	Swan Basic	1on4	8	8
Body Integration (HB)	Overhead Climb a Tree		6	13
Release (Cadi)	HB Ballet Stretches		3-5BC	14