PILATES ITC

11332NAT

EXAMPLE INTERMEDIATE PROGRAM (SMALL APPARATUS: FOAM ROLLER)

PIC	REPERTOIRE	REP	ORDER
Warm Up	Lying on Foam Roller		1
	-Pelvic Curl	8	
	-Hold in Bridge – Arms Supine Series with 1kg Hand Weights	8	
	Chest Lift (2)	8	
	Single Leg Lift	8 each side	
	Hula (2) + SLL	8 each side	
	Spine Twist Supine	5 each Side	
	Roll Up	8	2
Centring	Roll Over	4 each direction	
	The Hundred with FR under ankles + single leg floats	1 set of 100	
	Rolling	8	
	Leg Circles	6 each direction	
Sitting I	Side Reach with Rotation in Z sit + hand on FR	8	3
	Single Leg Stretch with FR under one foot and alternate	6	4
Abdominals	Double Leg Stretch with FR under feet	6 each side	
Abdominato	Criss Cross with FR under feet	6 each side	
	Hamstring Pull 2 and 3 with FR under foot	6 each side	
	Coine Chartab with FD in malors	0	F
Spinal Flexion	Spine Stretch with FR in palms	8	5
	Spine Stretch with Extension FR in palms	8	
Sitting II	Spine Twist sitting with FR in palms	8 reps each	6
	Saw	6 reps each	
	Open Leg Rocker	8	
Integration Supine			
	Corkscrew	8	7
	Shoulder Bridge	8	
Lateral and Extension			
	Abduction/Adduction	8 each side	8
	Side Kicks with top hand stretched out on FR + rotation	8 each side	
	Single Leg Kick	8 each side	
	Double Leg Kick		

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	Floor Swan	6 each side	
		8	
Support Integration	Front Support Leg Pull Front Side Support with top arm on one end of FR and the other end on the floor	5 BC 6 each side 6	9
Full Body Challenge	Teaser with FR in hands	6	10
Release	Pike with Calf Press Standing Roll down	8 reps each	11



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