

Preparation

Choose exercises which focus on:

- release of tension and warming the body
- breathing
- concentration / focus
- postural alignment/ finding neutral
- mobilisation
- activation of the core

Include at least 3 exercises that are clearly identifiable as Pilates exercises.

(You will see that the above list includes your ABC Fundamentals)

Main phase

Choose exercises which include a variety of joint actions and planes of movement:

- flexion
- extension
- rotation
- lateral flexion
- circumduction

You must include

- Sagittal plane
- Frontal plane
- Transverse plane

Include at least 6 exercises that are clearly identifiable as Pilates exercises. It is expected that the 34 will feature in your exercise selection

Choose a variety of starting positions – you MUST include at least 3 different start positions in Main.

- supine
- semi-supine
- side lying
- sitting
- prone
- quadruped
- standing

Consider your transitions and show these on your lesson plan

TRANSITIONS DO NOT COUNT AS EXERCISES

Ensure that your main phase includes a balanced range of exercises e.g.

- Flexibility and Strength work
- Upper and lower body
- 'Relaxing' and 'energising' exercises

Closing phase

Include exercises which focus on

- stretching / mobilisation
- balance
- relaxation (active or passive)
- consolidation (this could be verbal during a relevant closing exercise – or could be a comparison exercise or a final posture check).

Include at least 3 exercises which are clearly identifiable as Pilates exercises

It is good practice to finish with an exercise that will energise the participants so that they are safe to leave the class.

You can also offer home advice to your participants.

Preparation at least 3 exercises 15 mins	Tick (checklist)
Release of tension	
Concentration and focus	
Awareness of postural alignment – the neutral zones	
Breathing	
Activating the core muscles	
Mobilisation of joints	
<ul style="list-style-type: none"> • Breathing • Concentration • Control • Centring • Precision • Flowing Movements 	
Main – at least 6 exercises 30 mins	
<p>To provide a full and balanced workout moving the body in at least 3 anatomical planes</p> <ul style="list-style-type: none"> • Sagittal <ul style="list-style-type: none"> ○ Flexion and Extension • Frontal <ul style="list-style-type: none"> ○ Lateral flexion • Transverse <ul style="list-style-type: none"> ○ Rotation • Circumduction 	
To build on and apply the Principles and Fundamentals of Pilates	
<p>To achieve specific objectives such as:</p> <ul style="list-style-type: none"> • Alignment, breathing, centring • Mobilisation exercises for the spine, shoulder and hip • Stabilisation and strengthening exercises for the spine, pelvis and/or scapula • Improve posture (kyphotic, lordotic, flat back, sway back, winged scapula) 	
<p>Balanced workout in relation to:</p> <ul style="list-style-type: none"> • Flexibility/mobility • Strength/stability work • Upper and lower body • ‘Relaxing’ and ‘energising’ exercises 	
Flow, moving smoothly from one position to another (transitions)	
Using different start positions – at least 3 but ideally more	
Close at least 3 exercises 15 mins	
To bring the different elements of the class together allowing assimilation and to promote recuperation from session	
To consolidate the Principles and Fundamentals of Pilates	
Pilates Stretching	
Mobilisation	
Relaxation	
Reinforce Principles	
Recapping of class objectives and focus	
Balance	
Ending in a standing position, so that clients are ready to leave	
Optional home advice	