

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
- 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 e.g. (aim for at least 4 across all phases)

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

Consider your transitions and show these on your lesson plan

Ensure that your main phase includes a balanced range of exercises with regard to:

- 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 e.g. 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.