

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

Include at least 3 of the following:

1. Sagittal plane
2. Frontal plane
3. Transverse plane
4. Circumduction

Include at least 6 exercises that are clearly identifiable as Pilates exercises. It is expected that the 34 will feature in your exercise selection – but not all exercises have to come from the 34

Choose a variety of starting positions

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

You must include a minimum of 3 start positions in MAIN – **aim for 4 start positions**

Consider your transitions and show these on your lesson plan – **transitions do not count as**

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.