|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise and purpose *(+ start position and Plane)*** | **Instructions and teaching points *(and visual imagery cues)*** | **Pilates principles and fundamentals** | **Adaptation or modification** | **Medium term progression after six weeks** | **Longer term progression after twenty weeks** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Exercise and purpose *(+ start position and Plane)*** | **Instructions and teaching points *(and visual imagery cues)*** | **Pilates principles and fundamentals** | **Adaptation or modification** | **Medium term progression after six weeks** | **Longer term progression after twenty weeks** |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |