

Pilatessuisse Teacher Training Programme Guidelines Annex 1: Classical Repertoire

To gain recognition, the training must include 90% of the mat and reformer exercises and 80% of the remaining content listed here.

1. Mat

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| 1.1. Hundred | 1.21. Shoulder Bridge |
| 1.2. Roll Up | 1.22. Spine Twist |
| 1.3. Roll Over | 1.23. Jackknife |
| 1.4. One Leg Circles | 1.24. Side Kicks |
| 1.5. Rolling Like A Ball | 1.25. Teaser 1, 2, 3 |
| 1.6. Abdominal Series | 1.26. Hip Circles |
| 1.7. Single Leg Stretch | 1.27. Swimming |
| 1.8. Double Leg Stretch | 1.28. Leg Pull Down / Front Support |
| 1.9. Scissors | 1.29. Leg Pull Up / Back Support |
| 1.10. Double Leg Lower Lift | 1.30. Kneeling Side Kicks |
| 1.11. Criss Cross | 1.31. Side Bend |
| 1.12. Spine Stretch Forward | 1.32. Twist 1 & 2 |
| 1.13. Open Leg Rocker | 1.33. Boomerang |
| 1.14. Corkscrew | 1.34. Seal |
| 1.15. Saw | 1.35. Crab |
| 1.16. Swan Dive | 1.36. Rocking |
| 1.17. Single Leg Kicks | 1.37. Control Balance |
| 1.18. Double Leg Kicks | 1.38. Push Up |
| 1.19. Neck Pull | |
| 1.20. High Scissors & Bicycle | |

2. Reformer

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| 2.1. Footwork | 2.7. Short Box Series |
| 2.2. Hundred | 2.7.1. Round Back |
| 2.3. Overhead or Short Spine | 2.7.2. Straight Back |
| | 2.7.3. Row The Boat |
| 2.4. Coordination | 2.7.4. Side To Side |
| 2.5. Rowing Series (1 to 6) | 2.7.5. Twist & Reach |
| 2.6. Long Box Series | 2.7.6. Tree |
| 2.6.1. Hamstring Curls | 2.7.7. Side Tree |
| 2.6.2. Swan | 2.7.8. Side Sit Up |
| 2.6.3. Pulling Straps & T-Pull | 2.8. Long Stretch Series |
| 2.6.4. Backstroke | 2.8.1. Long Stretch |
| 2.6.5. Teaser | 2.8.2. Down Stretch |
| 2.6.6. Breaststroke | 2.8.3. Up Stretch |
| 2.6.7. Horseback | 2.8.4. Elephant |

- 2.8.5. Stork
- 2.8.6. One Legged Elephant / Arabesque 1,2 &3
- 2.8.7. Long Back Stretch
- 2.9. Stomach Massage Series
- 2.10. Tendon Stretch
- 2.11. Short Spine or Overhead
- 2.12. Semi-circle
- 2.13. Chest Expansion
- 2.14. Thigh Stretch
- 2.15. Arm Circles / Reverse Chest Expansion
- 2.16. Side Arms / Swakate Series
- 2.17. Mermaid
- 2.18. Snake & Twist

- 2.19. Corkscrew
- 2.20. Long Spine Massage
- 2.21. Leg Circles & Frogs
- 2.22. Knee Stretch Series
- 2.23. Running
- 2.24. Pelvic Lift
- 2.25. Front Splits
- 2.26. Side Splits
- 2.27. Russian Splits
- 2.28. Balance Control
 - 2.28.1. For Front
 - 2.28.2. For Back
- 2.29. Star
- 2.30. Jump Board

3. Trapeze Table

- 3.1. Roll Down
- 3.2. Breathing
- 3.3. Leg Springs
- 3.4. Flying Leg Springs
- 3.5. Airplane
- 3.6. Side Leg Springs
- 3.7. Arm Springs Supine
- 3.8. Standing & Kneeling Chest Expansion
- 3.9. Standing & Kneeling Long Back Stretch
- 3.10. Thigh Stretch
- 3.11. Rolling In & Out
- 3.12. Rolling Stomach Massage
- 3.13. Reverse Corkscrew
- 3.14. Flying Eagle
- 3.15. Swan
- 3.16. Push Through
- 3.17. Saw
- 3.18. Push Through Reverse
- 3.19. Mermaid
- 3.20. Teaser Series
- 3.21. Shoulder Bridge Roll Down
- 3.22. Reverse Monkey
- 3.23. Tower Series
- 3.24. Hip Opener
- 3.25. Monkey
- 3.26. Standing Arm Springs
- 3.27. Ballet Stretches
- 3.28. Candle Walk Over
- 3.29. Traditional Ending
 - 3.29.1. Breathing
 - 3.29.2. Spread Eagle
 - 3.29.3. Hanging Pull Up
 - 3.29.4. Pull Up
 - 3.29.5. Hanging (Half & Full)

4. High Chair

- 4.1. Pumping
- 4.2. Going Up Front
- 4.3. Going Up Side
- 4.4. Press Ups
 - 4.4.1. Front
 - 4.4.2. Back
- 4.5. Press Down
 - 4.5.1. Front
 - 4.5.2. Side
 - 4.5.3. Cross Over

5. Wunda Chair

- 5.1. Footwork
- 5.2. Hundred
- 5.3. Abdominal Series
- 5.4. Push Down

- 5.4.1. Standing Behind Chair
- 5.4.2. Kneeling
- 5.5. Push Down Side
- 5.6. Pull Up
 - 5.6.1. Front
 - 5.6.2. One Leg / One Arm
 - 5.6.3. Side
- 5.7. Push Ups 1 & 2
- 5.8. Seated Side Press
- 5.9. Kneeling Mermaid
- 5.10. Swan
- 5.11. Reverse Swan / Teaser
- 5.12. Going Up Front
- 5.13. Going Up Side
- 5.14. Leg Press Supine
- 5.15. Shoulder Bridge / Pelvic Pull Up
- 5.16. Long Back Stretch Arms / Pumping two Arms
- 5.17. Tricep Dip
- 5.18. Flying Eagle
- 5.19. Jackknife
- 5.20. Corkscrew
- 5.21. Spine Stretch / Stretch / Teaser
- 5.22. Seated Twist With One

6. Small Barrel

- 6.1. Leg Series
- 6.2. Half Shoulder Bridge

7. Spine Corrector

- 7.1. Stretch With Bar / The Reach
- 7.2. Side Sit Up
- 7.3. Hip Circles
- 7.4. Leg Series
- 7.5. Half Shoulder Bridge
- 7.6. Arm Series

8. Ladder Barrel

- 8.1. Short Box Series
- 8.2. Swan
- 8.3. Back Stretch
- 8.4. Side Stretch
- 8.5. Lay Back Leg Lowers
- 8.11.

Arm

- 5.23. Twist Series / Side Balance Control
- 5.24. Twist Teaser
- 5.25. Soleus Press
- 5.26. Table
- 5.27. Mountain Climber
 - 5.27.1. Prep
 - 5.27.2. Front
 - 5.27.3. Side
 - 5.27.4. Down The Mountain
- 5.28. Outward Facing Frog
- 5.29. Inward Facing Frog
- 5.30. Arm Frog Facing In & Out
- 5.31. Press Down
 - 5.31.1. Front
 - 5.31.2. Side
- 5.32. Horseback
- 5.33. Tendon Stretch
- 5.34. Push Up Combination Into Pike Up
- 5.35. Pigeon
- 5.36. Standing Spine Stretch Forward
- 5.37. Leg Push Down Series

6.3. Arm Series

- 7.7. Teaser Series
- 7.8. Swan
- 7.9. Grasshopper
- 7.10. Rocking
- 7.11. Swimming
- 7.12. Full Shoulder Bridge
- 7.13. Teaser Stretch

- 8.6. Horse Back Prep
- 8.7. Grasshopper
- 8.8. Handstand
- 8.9. Ballet Stretches
- 8.10. (Jumping Off Stomach)

9. Ped-O-Pull / Pedi Pole

- 9.1. Chest Expansion
- 9.2. Arm Circles
- 9.3. Knee Bends

10. Magic Circle

- 10.1. Legs
 - 10.1.1. Supine, sitting, standing

- 9.3.1. Combine
- 9.3.2. One Leg
- 9.4. Knee Bends Arabesque

- 10.2. Arms
 - 10.2.1. Supine, sitting, standing

11. Additional Equipment

- 11.1. Foot Corrector
- 11.2. Bean Bag
- 11.3. Neck Tensometer
- 11.4. (Toe Tensometer)
- 11.5. (Breat-a-Sizer)

These items of equipment must be introduced in the training, and individual exercises must be used.