

Pilatessuisse Training Guidelines (Teacher Training Programme Guidelines) Annex 2: Contemporary Repertoire

As a result of the major differences in the nomenclature and weighting of the key points in contemporary training courses, we have dispensed with a list of individual exercises except for the mat repertoire. In place of specific exercises, we have listed groups of exercises that must be included in the repertoire. The training course must include 80% of the content for it to be recognised.

1. Mat

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| 1.1. Breathing | 1.21. Spine Twist |
| 1.2. Hundred | 1.22. Jackknife |
| 1.3. Roll Up | 1.23. Side Kicks |
| 1.4. Roll Over | 1.24. Teaser |
| 1.5. Leg Circles | 1.25. Hip Circles (Thigh Circles /
Femur Circles) |
| 1.6. Rolling Like a Ball | 1.26. Swimming (Diving) |
| 1.7. Single Leg Stretch | 1.27. Leg Pull |
| 1.8. Single Straight Leg Stretch
(Scissors) | 1.28. Leg Pull Front |
| 1.9. Double (Straight) Leg
Stretch | 1.29. Leg Pull Back |
| 1.10. Criss Cross | 1.30. Star |
| 1.11. Spine Stretch | 1.31. The Twist |
| 1.12. Open Leg Rocker | 1.32. Boomerang |
| 1.13. Corkscrew | 1.33. Seal |
| 1.14. Saw | 1.34. Rocking (Crab) |
| 1.15. Swan Dive | 1.35. Control Balance
(Horizontal Balance) |
| 1.16. Single Leg Kicks | 1.36. Push Up |
| 1.17. Double Leg Kicks | 1.37. Basic preparation
exercises for Mat Work |
| 1.18. Neck Pull | 1.38. Standing exercises |
| 1.19. (high) Scissors /Bicycle | |
| 1.20. Shoulder Bridge | |

2. Reformer

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| 2.1. Legs in supine position | 2.7. Support positions, looking
at the floor |
| 2.2. Core muscles in supine
position | 2.8. Support positions, looking
upwards |
| 2.3. Mobilisation of spine in
supine position | 2.9. Sideways support
positions |
| 2.4. Arms in supine position | |
| 2.5. Feet in the straps | |
| 2.6. Reverse positions | |

- 2.10. Arm exercise in sitting position / on knees, looking towards foot bar
- 2.11. Arm exercise in sitting position, looking away from foot bar

- 2.12. Mobilisation of spine in sitting position
- 2.13. Standing exercise on and beside the reformer

3. Trapeze Table

- 3.1. Leg exercise with springs in supine position
- 3.2. Arm exercise with springs in supine position
- 3.3. Mobilisation of spine in supine position
- 3.4. Core muscles in supine position
- 3.5. Mobilisation of the lower and upper extremities in supine position

- 3.6. Articulation of the spine in BL
- 3.7. Articulation of spine while kneeling
- 3.8. Reverse positions
- 3.9. Standing exercise with springs
- 3.10. Standing leg exercise with springs.

4. Chair

- 4.1. Leg exercise in sitting position
- 4.2. Leg exercise in standing position
- 4.3. Arm exercise in BL
- 4.4. Arm exercise in sitting position / supported
- 4.5. Core strengthening in supine position

- 4.6. Spine mobilisation in BL
- 4.7. Spine mobilisation in supine position
- 4.8. Spine mobilisation in sitting position
- 4.9. Spine mobilisation in standing position
- 4.10. Supported exercise

5. Barrel / Small Barrel / Spine Corrector

- 5.1. Mobilisation of spine in supine position
- 5.2. Mobilisation of spine in BL
- 5.3. Mobilisation of spine in SL
- 5.4. Core muscles in supine position
- 5.5. Core muscles in BL
- 5.6. Core muscles in SL
- 5.7. Reverse positions
- 5.8. Mobilisation of the lower and upper extremities
- 5.9. Strengthening of the lower extremities