

## **Pilates Apparatus Training Program:**

Daily meeting: 9:00-16:00

Daily Self practice/Partner practice: 8:00-9:00/16:00-18:00

Program Outlines:

### **Day 1: Fundamentals**

- Overview principles and biomechanics
- Anatomy of Pilates -HW: Q&A
- Body assessment
- Body reading concept
- Pilates Matworks, Fundamental movements, Standing exercises
- Using props: Ball, Mini Ball, Magic Circle, SpineCorrector, Tye4
- Spine: C1-7, T1-12, L1-5, S1-5, Coccyx
- Abdominal Wrap: Psoas, Pelvic floor (PFM), Abdominal Muscles, Diaphragm, Transversospinalis

### **Day 2: Reformer exercises**

- Springs, straps, and resistance concepts
- Recap: pelvic foundation and breathing
- Primary muscles:
  - Hip flexors: iliopsoas, pectineus, sartorius, rectus femoris, TFL
  - Quadriceps: Vastus lateralis, Vastus intermedius, Vastus medialis, Rectus femoris
  - Adductors: Add. Magnus, Add Longus, Add. Brevis
- Footwork series: supine & side lying
- Jumping board series
- Feet in straps series
- Stretching with straps
- Essay 1-4

### **Day 3: Reformer exercises**

- Abdominal blocks sequence
- Hands in straps series
- Upper extremities sequence
- Coordination series
- Beginner class choreography
- Variations & modification
- Essay 5-8

### **Day 4**

- Box series: Short box/ Long box
- FBI series
- Intermediate Advanced choreography
- Teaching group class
- Using small props
- Classifying exercises blocks
- Essay 9-10

### **Day 5: Teaching presentation 1:1**

### Day 6-9

- Chair
- Tower series
- Barrel
- Spine corrector
- Teaching demonstration: Workout I, II, III
- Private class setting and teaching small group class
- Class for women: osteoporosis prevention and pregnancy oriented
- Essay 11-13

### **Day 10:** Teaching presentation 1:3, Essay writing, program customization

Exam and teaching practice

Review and rehearsal for teaching demonstration

Theory exam:50 multiple choice questions and Essay

Teaching demonstration: teaching 1 hour private class, 1 hour group class (2 pp or more), 1 online class

	Reading Assignment	Practice Assignments	Note
Day 1	AP-Intro, Q&A	Profile/Body analysis reports	
Day 2	Bone landmark	Customized program	
Day 3	Biomechanics Essay 1-2	Self-study / Reading 13 Essay	
Day 4	Essay 3-4-5	Workout I - demonstration	
Day 5	Essay 6-7	Workout II- demonstration	
Day 6	Essay 8-9	Workout III- demonstration	
Day 7	Essay 10-11	Self-practice (vdo/live)	
Day 8	Essay 12-13	1-on-1 teaching demonstration	
Day 9	Essay writing 51, 54	Observation/ assistance	
Day 10	Exam	Teaching group classes demonstration	

Recommend practice at least 40 hours that would help you develop yourself and your teaching skills.

Sessions	self-practice (vdo/ live)	1-on-1 teaching	observation/ assistance	Group teaching
1				
2				
3				
4				

Sessions	self-practice (vdo/ live)	1-on-1 teaching	observation/ assistance	Group teaching
5				
6				
7				
8				
9				
10				

## **SELF EVALUATION CRITERIA**

### **• Self Exercise Technique**

Coordination:

Strength:

Flexibility:

Balance:

Concentration:

Endurance:

### **• Interaction with Clients**

Approach:

Language /Cueing/Voice Quality

Touch

Body Contact:

### **• Transferal of Exercise in Teaching**

Demonstration:

Explanation of Equipment and Choreography

### **• Program Development for Each Client:**

Suitability:

Structure:

Duration / Pacing:

### **• Personal Characteristics**

Attire/Appearance:

Professionalism:

## **PMI Certification Requirements:**

To achieve PMI certification, students must successfully complete all components of the program within 1 year

\* Successful completion of all in-person intensive 160 hours. Complete both practical and written assessments.

\* Completion and submission of all self-study assignments.

\* Full attendance of all 180 hours of CE courses.

\* Submission of comprehensive logs for all 200 hours of additional practice and experience.

\* Optional but Recommended: Final practical exam with an external assessor for independent validation.