

# Pilates Apparatus Training Program:

Daily meeting: 9:00-16:00

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 and Postural Alignment 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, pectinous, satorious, rectus femoreous, TFL
  - Quadriceps: Vatus lateralis, Vatus intemedialis, Vatus 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

## Day 5: Teaching presentation

## 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 9-13

## Day 10: Exam and teaching practice

Teaching presentation, Essay writing, program customization

Theory exam: 50 multiple choice questions and Essay

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

Hybrid option: 1 online class

## Assignments

	Reading Assignment	Practice Assignments	VDO
Day 1	AP-Intro, Q&A	Profile/Body analysis reports	Matwork 15-30 mins
Day 2	Skeletal bones	Customized program	Bony landmark
Day 3	Biomechanics Essay 1-2	Self-study / Reading 13 Essay	Upper body/Lower body biomechanics
Day 4	Essay 3-4-5	Workout I - demonstration	Live-Recording/self- practice demonstration
Day 5	Essay 6-7	Workout II- demonstration	
Day 6	Essay 8-9	Workout III- demonstration	
Day 7	Essay 10-11	Partner practice	30-45 mins
Day 8	Essay 12-13	1-on-1 teaching demonstration	Client assessment
Day 9	Essay writing 51, 54	Observation/ assistance	N/A
Day 10	Exam	Teaching group classes demonstration	Live recording

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				
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.