



Trapeze Table

Use this chart throughout your training weekend to build Programming Sequences.

Pilates is a skill-based training modality. As you build confidence and competence in learning and teaching these physical skills, you begin training strength, endurance, and flexibility. Motor control learning is embedded within pre-Pilates progressive skills, which are practiced in all planes of motion and in varying relationships to gravity. These foundational skills then evolve into the primary Pilates exercises. This progression is what differentiates Pilates training from other forms of movement. Use the grids below to explore and apply skill-building principles in your program design.

pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	Exercise
				Roll Down Series
				Upper Arms
				Assisted Sit Ups
				Advanced Sit Ups
				Teaser
				Supine Leg Springs
				Side Lying Leg Springs
				Foot Work: Bend and Stretch

pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	Exercise
				Foot Work: Dorsiflexion
				Push Through Seated Front
				Circle Saw
				Cat - Kneeling and Sitting
				Pull Downs - Double Arm/Single Arm
				Scapular Glides
				Seated Mermaid
				Corolla's Breathing
				Joe's Breathing
				The Hundred
				Prone Arm Circles
				Double Leg Kick/ Flying Eagle

pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	Exercise
				Swan with Roll Down Bar and Push Through Bar
				Supine Arm Circles
				Rowing Front - Sitting Tall
				Rowing Front - Bending Down
				Tower
				Parakeet
				Monkey
				Leg Springs - Magician
				Side Bend
				Chest Expansion/ Thigh Stretch
				Standing Arms
				Spread Eagle

pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	Exercise
				Short Spine/Ferris Wheel
				Hip Flexor Pull
				Dolphin
				Airplane
				Leg Springs Standing
				Advanced Swan
				Push Through Back
				Advanced Mermaid
				Rowing Back Round Back
				Rowing Back Flat Back
				Advanced Bridging
				Rolling In and Out

pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	pre-Pilates or Pilates Exercise	Exercise
				Hanging Pull Ups
				Hanging Down
				Cat Walkover

LEARNING TO PROGRAM in Movement Arcs

Each of the four quadrants represents a Movement Arc. Each of these "movement arcs" is part of the cadence of any good programming. They include a warm-up – Setting the Foundation, the initial challenge – Building the Skills, a peak challenge in both movement complexity and effort – Challenging the System, and finally a cool-down – Bringing It Home. Together, they make a well-rounded class experience. Individually, they offer a movement opportunity that is organized, has flow, and teaches functional movement skills.

Think about flow as you sequence your Movement Arc, incorporating the programming sequences you have been practicing with pre-Pilates Essentials building blocks leading into the primary Pilates exercises.

1.	Setting the Foundation <i>Beginning of your class, primary skills and warm up.</i>	2.	Building the Skills <i>Where are we going, what skills do I need to start developing?</i>
3.	Challenging the System <i>Lead to your most challenging progression or peak experience here.</i>	4.	Bring it Home <i>Cool down and bring the workout to an end.</i>