

Drexel Pilates Training Program  
Manual: Level One

The Drexel Pilates prerequisite program was developed in support of the full Drexel Pilates Training Program (Levels Two and Three). This program allows participants to establish the essential technical and informational building blocks required for promotion to the full training program. Participants experience the full spectrum of Pilates exercises through classes and private instruction in a motivational and inspired community.

After having submitted your registration form online, you can begin your prerequisite training by printing out your tally sheet and earning your points.

- A. An apprentice must document 30 points and learn the intermediate mat work before testing into the full Training Program.
- B. Attend classes and sessions and document your participation on your tally sheet.

Options for earning points:

Workout Type	Location	Schedule	Cost
Instructor Private Session	Pilates Studio	Fill out the form on the website.	See studio pricing structure.
Mixed Equipment Class	Pilates Studio	<a href="http://mindbodyonline.com">mindbodyonline.com</a>	See studio pricing structure.
Practice Client	Pilates Studio	Fill out the form on the website.	Free
Test Body	Pilates Studio	By Director Invite	Free
Group Ex Mat Class	Rec Center Studio	Group Ex Schedule	Free

## Synopsis of Work Out Types

**Instructor Private Session:** A one on one studio session with a Drexel Pilates Instructor. (55 minutes)

**Mixed Equipment Class:** Small group training utilizing various pieces of Pilates Equipment. (55 minutes)

**Practice Client:** A private session with a Drexel Pilates Apprentice 2. (55 minutes)

**Test Body:** An opportunity to serve as a client during Apprentice 2 pedagogy testing. (TBA)

**Open Lab Time:** A weekly experimental movement lab in which new material is presented. (TBA)

**Group Ex Mat Class:** Experience the mat work in a group setting in the Group Exercise Classrooms. (1 hour)

## Prerequisite Tally Sheet

Name:

[illegible]

## Body Precision

### Mat Level III

		Reps	Other
	Hundred	100	
	Roll-up	5-8	Strap for feet, mat bar
	Single Leg Circle	5 ea	
	Rolling Like a Ball	5-8	
	Stomach Series		
	Single Leg Stretch	5 ea	
	Double Leg Stretch	5	
	Scissors	5 ea.	
III	<b>Double Leg Lower Lift</b>	5	
III	<b>Elbow to Knee</b>	5 ea.	
	Spine Stretch	5-8	
	Open Leg Rocker	5-8	
	Corkscrew	5 ea.	
	Saw	5 ea.	
III	<b>Swan Dive (mild)</b>	3	
	Single Leg Kick	8 ea.	
	Double Leg Kick	3 ea.	
III	<b>Neck Pull</b>	5-8	Strap for feet
III	<b>Shoulder Bridge</b>	3-5	
III	<b>Spine Twist</b>	3 ea	
III	<b>Jackknife</b>	3-5	
	Side Kicks - all versions	3 - 5 ea	
III	<b>Teaser</b>	3 ea	
III	<b>Hip Circles</b>	3 ea	
	Swimming	10 cts.	
	Seal	5-8	
III	<b>Push ups - two leg</b>	1- 3 sets	