**Checklist of Pilates exercises**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Patient number:\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1st** | **2nd** | **3rd** | **4th** | **5th** | **6th** | **7th** | **8th** | **9th** | **10th** | **11th** | **12th** | **Exercises** |
|  |  |  |  |  |  |  |  |  |  |  |  | **Exercises for spine** |
|  |  |  |  |  |  |  |  |  |  |  |  | Bridge variant – Mat [B]/ Bridge variant – Cadillac [I]/ Bridge variant – Reformer [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Bridge – Mat [B]/ Bridge variant – Mat /Ball [I]/ Bridge variant – Mat [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Rolling Back Down/Up – Cadillac (heavy spring) [B]/ Rolling Back Down/Up – Cadillac (light spring) [I]/ Roll Up – Mat [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Stretches Front variant – Barrel [B]/ Spine Stretch variant – Cadillac [I]/ Spine Stretch – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Hamstring Stretch variant – Chair [B]/ Hamstring Stretch variant – Chair [I]/ Hamstring Stretch – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | The Cat – Mat [B]/ Knee Stretches Round – Reformer [I]/ Spine Stretch – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Swan Front – Mat [B]/ Swan – Cadillac [I]/ Swan – Mat (two arms) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Swan – Cadillac (alternate legs) [B]/ Swan – Cadillac (two legs) [I]/ Swimming – Mat [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Swan Front – Chair (trunk extension) [B]/ Swan Front – Chair (unilaterally without trunk extension) [I]/ Swan Front – Chair (unilaterally with trunk extension) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Tower – Cadillac [B]/ Long Spine – Reformer [I]/ Jacknife – Mat [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Mermaid – Cadillac [B]/ Mermaid – Reformer [I]/ Side Arm Sit variant – Chair [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Rolling Back variant – Cadillac/Ball [B]/ Rolling Back – Cadillac/Ball [I]/ Swan variant – Cadillac/Ball [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | **Exercises for lower limbs** |
|  |  |  |  |  |  |  |  |  |  |  |  | Tower – Cadillac (one leg) [B]/ Tower – Cadillac (two legs) [I]/ Tower – Cadillac (bridge) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Running – Reformer [B]/ Tower – Cadillac (alternate) [I]/ Stomach Massage Series – Reformer [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Footwork – Reformer [B]/ One Leg Up and Down – Mat [I]/ Tower – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Footwork – Reformer [B]/ Achilles Stretch – Chair [I]/ Tower – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Leg Circles – Mat [B]/ Leg Series Supine Circle – Cadillac [I]/ Leg Circles – Reformer [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Leg Series Supine Lowers – Cadillac (bilateral) [B]/ Leg Lowers – Reformer (bilaterally) [I]/ Leg Series Supine Scissors – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Footwork Hells V Position – Reformer [B]/ Leg Series Supine Frog – Cadillac [I]/ Knee Extension V Position – Mat [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Footwork Double Leg Pumps – Chair [B]/ Pump One Leg Front – Chair [I]/ Pumping One Leg – Chair [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Pump One Leg Side – Chair (abductors) [B]/ Side Kicks Up and Down – Mat [I]/ Side Splits – Reformer (heavy spring) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Pump One Leg Side – Chair (adductors) [B]/ Side Kicks Inne-Thigh Lifts – Mat [I]/ Side Splits – Reformer (light spring) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Leg Series Supine – Cadillac [B]/ One Leg Up-Down – Mat [I]/ Leg Series – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Footwork Toes – Reformer [B]/ Leg Series – Cadillac [I]/ Front Splints – Reformer [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Footwork – Reformer (with box) [B]/ Fire Hydrant – Mat [I]/ Leg Series – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Footwork – Reformer [B]/ Footwork – Reformer (sitting in the box) [I]/ Going Up-Front – Chair [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Leg Series – Cadillac (abductors) [B]/ Leg Series Diagonal – Mat [I]/ Leg Series Diagonal – Barrel [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Leg Series – Cadillac (adductors) [B]/ Leg Series on Side Up and Down – Cadillac [I]/ Scissor Leg Side Lying – Chair [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Teaser – Mat (knees flexed) [B]/ Horse – Barrel [I]/ Teaser – Mat (knees extended) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Stretches Front – Barrel (foot laterally) [B]/ Stretches Fronts – Barrel (foot forward) [I]/ Leg Series – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Hamstring stretch – Chair [B]/ Stretches Front – Barrel [I]/ Leg Stretch – Mat [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | **Exercises for upper limbs** |
|  |  |  |  |  |  |  |  |  |  |  |  | Arms Biceps – Cadillac (with feet propped) [B]/ Arms Biceps variant – Cadillac (feet without support) [I]/ Arms Biceps variant – Cadillac (standing) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Arms Biceps – Cadillac [B]/ Arms Biceps – Reformer (with box) [I]/ Arms Biceps variant – Chair [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Arms Pull Up and Down – Cadillac [B]/ Arms Pulling – Cadillac [I]/ Arms pulling variant – Reformer (with box) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Arms Pull Up and Down variant – Cadillac [B]/ Arms Pull Up and Down variant – Reformer [I]/ Long Box Pulling Straps – Reformer (with box) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Arms Pulling – Cadillac [B]/ Arms Pulling – Cadillac [I]/ Arms Pulling – Reformer (with box) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Arms Triceps – Cadillac (with feet propped) [B]/ Arms Triceps – Cadillac (standing) [I]/ Standing on Floor At Open End Boxe – Cadillac [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Triceps Sit – Chair (with box) [B]/ Triceps Sit on Foot Bar – Chair [I]/ Triceps Front – Chair [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Arms Pushing variant – Reformer (with box) [B]/ Arms Pushing variant – Reformer [I]/ Exercise on the Ball – Mat/Ball [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | **Exercises for the abdomen** |
|  |  |  |  |  |  |  |  |  |  |  |  | Teaser – Mat [B]/ The Hundred variant – Reformer [I]/ Exercise on the Ball – Mat/ Ball [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | The Hundred – Mat (pumping the arms) [B]/ The Hundred – Reformer [I]/ The Hundred variant – Reformer (crossing) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | The Hundred variant – Reformer [B]/ Exercise on the Ball – Mat/ Ball [I]/ Exercise on the Ball – Mat/ Ball (inverted V) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Sit-Up – Cadillac (legs supported) [B]/ Sit Up variant – Cadillac (extension of one knee) [I]/ Sit Up variant – Cadillac (flexed hips and knees extended) [A] |
|  |  |  |  |  |  |  |  |  |  |  |  | Sit Up – Cadillac (knees flexed with feet propped) [B]/ Sit Up variant – Barrel (knees flexed with feet propped) [I]/ Sit Up variant – Barrel (crossed with flexion one leg without support) [A] |

Fill in the day of the session and in the line of the exercises with B (if the exercise was performed at the basic level), I (intermediate level) and A (advanced level).