

How to use for self assessment:

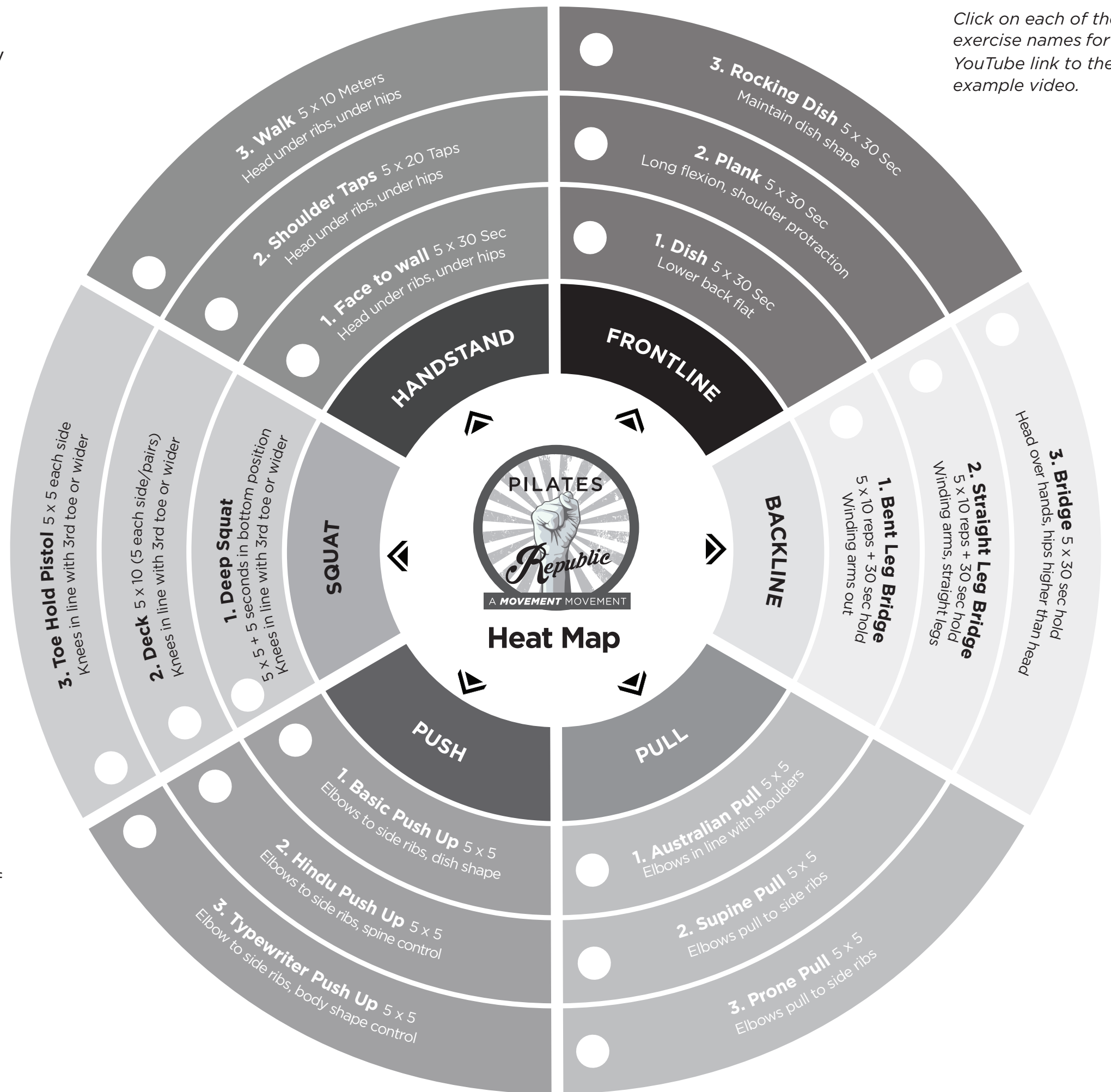
- Start in the central ring and work your way out
- Start with exercise 1. in each category
- Complete in sets of the same exercise or move through exercises in a sequence e.g (frontline, backline, pull, push, squat, handstand) completing sets as per notes
- Where you can complete the 5 sets and play by the rules (as noted under the exercise), give yourself a tick and move on to the next level of challenge
- Once you have completed all the levels of all the exercises, you have attained Pilates Republic mastery!

Assessment for Pilates republic courses and classes:

- 10 ticks or less = level 1
- 10 ticks or more = level 2

How to use for ongoing development and health:

- Warm up with a full sequence through the six areas, at a level that is already ticked
- Work through five sets at the levels where you are on *almost* ready to tick
- On days when your energy is low complete fewer sets
- On time poor days, complete fewer sets of higher repetitions
- Train with a focus on meeting and extending your limit 2-3 times per week
- Train for movement and exploration 2-3 more times per week



Click on each of the exercise names for a YouTube link to the example video.