

STOTT PILATES®

AM Advanced Matwork

This one-day course progresses to more advanced material, providing further options and challenges on the Mat for highly conditioned clients. Exercises included require a high degree of strength, balance and coordination.



the next step

ISP

Interested in working with clients with special needs? Consider Injuries & Special Populations.

AM expands the foundation and skills needed to develop effective and motivating group and personal training programs. Learn to design and teach the Level 2 (Advanced) Matwork repertoire, integrating light equipment to add variety and meet the specific needs of every client.

Instructors Learn:

- ▶ Flex-Band®, Fitness Circle® and Arc Barrel modifications, how to incorporate resistance equipment to support and intensify exercises
- ▶ Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ Muscular initiation and sequencing of Advanced-level exercises
- ▶ Multiple variations for variety and intensity
- ▶ 13 exercises plus modifications

Prerequisites:



Equipment Presented:

- ▶ Floor Mat
- ▶ Flex-Band exerciser
- ▶ Foam Cushions A & C
- ▶ Arc Barrel
- ▶ Fitness Circle resistance ring
- ▶ Mini Stability Ball™
- ▶ Rubber Pad

Required Course Materials:

- ▶ 1 manual: *Comprehensive Matwork* (may have already been purchased for IMP)
- ▶ 1 DVD: *Advanced Matwork, 3rd Ed*

Recommended Materials:

- ▶ 7 DVDs: *Complete Barrel Repertoire; Intense Sculpting Challenge; Stability Ball Challenge; Superior Balance; Foam Roller Challenge; Pilates for Men; Intermediate Pilates Edge*

CECs:

- ▶ 0.6 STOTT PILATES, 0.6 ACE, 3.0 CFP

Duration:

- ▶ 6 hours

Certification:

Upon successful completion of both Levels 1 & 2 training*, students may certify in STOTT PILATES Matwork, Level 2 by taking a written and practical exam. Exams must be taken within six months of completing the last course. Please note there is a fee associated with the exam. *If Level 1 certification has been achieved, only a practical exam is required.

Cost for Students

AM – 6 hours

cost per person	\$225
course materials	\$46.49

Upcoming Training Schedule

October 22
12pm-6:30pm

Courses are limited to 12 participants.

For more information and to register contact

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Payment due to confirm registration