

STOTT PILATES®

# IR Intensive Reformer

The Reformer is the most popular piece of equipment in Pilates. Learn how to use this highly versatile tool to program and instruct personal training and group classes with confidence using hundreds of spring-resistance exercises.



the next step

IMP

ISP

AR

Interested in expanding your repertoire? Try IMP, AR or ISP

This course teaches how to design and instruct Level 1 (Essential and Intermediate) Reformer workouts in a personal training and group setting for a range of clients. Learn a variety of modifications and variations to expand programming options.

#### Instructors Learn:

- ▶ Effective use of the Reformer to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop programs for personal and group classes
- ▶ Essential, Intermediate and Power workouts
- ▶ Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ Theory and practice of postural analysis
- ▶ Exercise layering for effective program design
- ▶ 122 exercises plus multiple modifications

#### Prerequisites:

- ▶ Working knowledge of functional anatomy
- ▶ Three-plus years teaching movement or fitness\*
- ▶ 30 hours Pilates classes/workouts

\* Applicants with a strong history of Pilates participation and/or experience instructing students/clients in another field may also be considered

#### Equipment Presented:

- ▶ Reformer
- ▶ Reformer Box
- ▶ Padded Platform Extender
- ▶ Maple Pole
- ▶ Foam Cushions A & C
- ▶ Eco-Friendly Pilates Pad
- ▶ Mini Stability Ball™

#### Required Course Materials:

- ▶ 3 manuals: *Essential Reformer, 2nd Ed; Intermediate Reformer, 2nd Ed; Matwork & Reformer Support Material* (may have already been purchased for IMP)
- ▶ 2 DVDs: *Essential Reformer, 3rd Ed; Intermediate Reformer, 2nd Ed*

#### Recommended Materials:

- ▶ DVDs: *Group Reformer Workout; Reformer Workout for Men; Athletic Conditioning on the Reformer, Levels 1 & 2; Rotational Disks; Golf Conditioning on the Reformer; Jumpboard Interval Training; Power & Agility, Reformer Intervals on the Cardio-Tramp; Intensive Reformer Challenge with Platform & Pole; Pilates Reformer Challenge with Fitness Circle; Strength & Conditioning on the Jumpboard & Reformer; Athletic Conditioning on the Cardio-Tramp & Reformer; Athletic Conditioning on the V2 Max Plus, Levels 1 & 2*

#### Duration:

50 hours – In addition, students are required to complete:

- ▶ Observation – minimum 10 hours
- ▶ Practice teaching – minimum 25 hours
- ▶ Physical review – minimum 40 hours

#### Certification:

Upon successful completion of the course, students may certify in STOTT PILATES Reformer, Level 1 by taking both a written and practical exam. Exams must be taken within six months of completion of the last course. Please note there is a fee associated with the exam and all exams are cumulative.

#### Cost for Students

##### IR – 50 hours

|                  |         |
|------------------|---------|
| Cost per person  | \$1,650 |
| Course materials | \$255   |
| Deposit Required | \$200   |

Final Payment February 10, 2017

10% discount if you register before February 3<sup>rd</sup>, 2017

Save Additionally by bundling Intensive Mat-Plus and Intensive Reformer. Please inquire.

##### Upcoming Training Schedule

March 2-5, March 16-19, March 24-25, 2017

Thursday-Saturday 12pm-530pm

Sunday 1030am-4pm

Courses are limited to 12 participants.

All deposits and final payments for courses and workshops are non-refundable.

##### For more information and to register contact

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