

STOTT PILATES®

ACAD Advanced Cadillac

The addition of the Advanced Cadillac course provides extensive programming options for extremely fit clients or those who participate in high-level activities. Exercises presented build on mobility, flexibility and stability while challenging neuromuscular coordination and control.

ACAD presents 28 Advanced-level exercises plus modifications using the Cadillac Trapeze Table for the highly conditioned client.

Instructors Learn:

- ▶ Effective use of the equipment to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop dynamic programs in a full studio environment
- ▶ Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ Exercise layering related to effective program design

Prerequisites:



Equipment Presented:

- ▶ Cadillac Trapeze Table
- ▶ Rotational Disks
- ▶ Foam Cushions A & C
- ▶ Mini Stability Ball™
- ▶ Eco-Friendly Pilates Pad
- ▶ Padded Platform Extender

Required Course Materials:

- ▶ 1 manual: *Intermediate/Advanced Cadillac* (may have already been purchased for ICAD)
- ▶ 1 DVD: *Advanced Cadillac, 2nd Ed*

Duration:

- ▶ 6 hours

the next step

ISP

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

Certification:

The Advanced Cadillac, Chair & Barrels course has been restructured into three separate modules. Completion of all three modules is required to be eligible for certification. Upon completion of Level 1 training*, students may certify in CCB, Level 2 by taking a written and practical exam. Please note there is a fee associated with the exam and all exams are cumulative. *If Level 1 certification has already been achieved, only a practical exam is required.

Cost for Students

ACAD – 6 hours

cost per person \$225
course materials \$49.95
Final Payment: March 11, 2017

10% discount if you register before February 25, 2017.

Save additionally by bundling Advanced Cadillac, Chair & Barrels courses. Please inquire.

CECs:

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Upcoming Training Schedule

April 8, 2017
Saturday 12pm-7pm

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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Practice Fitness

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