

STOTT PILATES®

Advanced Barrels

The addition of Barrels in the Advanced repertoire offers extensive programming possibilities in a full studio setting. For extremely fit clients or those looking for an additional challenge, this course will provide the exercise diversity required.

the next step

ISP

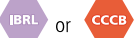
Interested in working with clients with special needs? Consider Injuries & Special Populations.

ABRL equips you with 14 Advanced-level exercises plus modifications using the Ladder Barrel, Spine Corrector and Arc Barrel 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:

- ▶ Ladder Barrel
- ▶ Spine Corrector
- ▶ Arc Barrel
- ▶ Padded Platform Extender
- ▶ Foam Cushions A & C
- ▶ Eco-Friendly Pilates Pad
- ▶ Mini Stability Ball™
- ▶ Maple Pole
- ▶ Floor Mat

Required Course Materials:

- ▶ 3 manuals: *Complete Arc Barrel*; *Complete Ladder Barrel*; *Complete Spine Corrector* (may have already been purchased for IBRL)
- ▶ 1 DVD: *Complete Barrel Repertoire* (may have already been purchased for IBRL)

Duration:

- ▶ 3 hours

Certification:

The Advanced Cadillac, Chair & Barrels course is comprised of 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

ABRL – 3 hours

cost per person \$175
Final Payment: March 12, 2017
10% discount if you register before February 26, 2017.
Save additionally by bundling Advanced Cadillac, Chair & Barrels courses.
Please inquire.

CECs:

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Upcoming Training Schedule

April 9, 2017
Sunday 130pm-430pm

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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