



STOTT PILATES® is often referred to as the "Ivy League" school of Pilates.

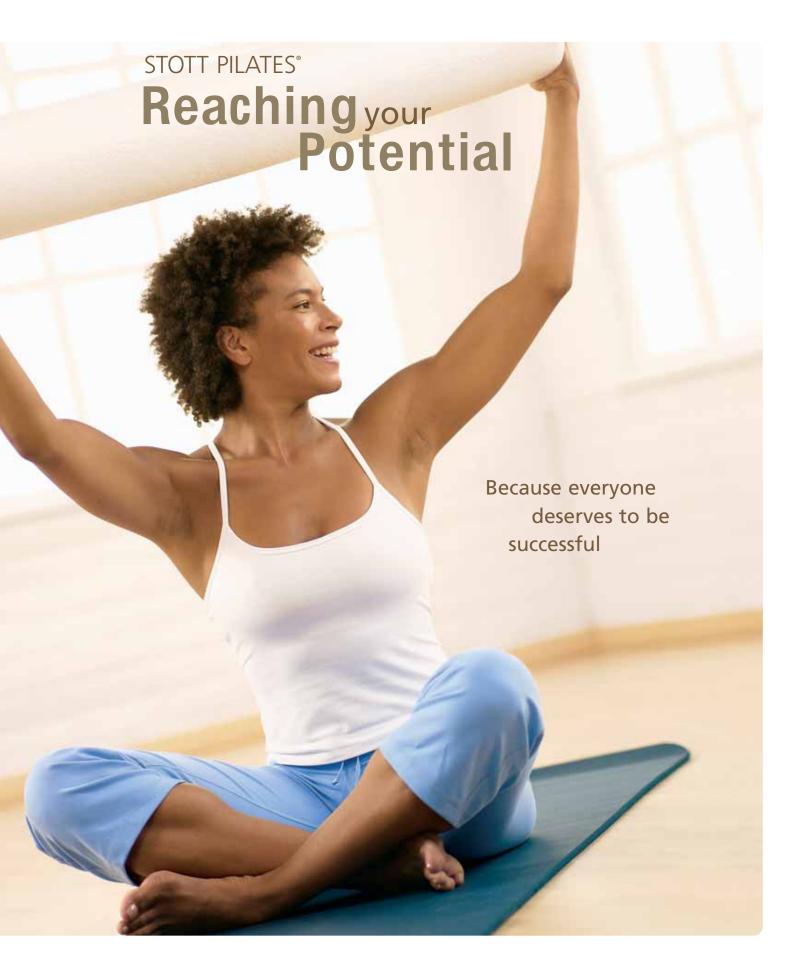
The advantage STOTT PILATES education provides you with is the depth of knowledge and practical programming options to teach effective group or personal training programs to clients of any age or fitness level — from post-rehabilitation patients to elite athletes.

STOTT PILATES education and certification programs empower instructors to motivate, challenge and retain clients long term.

Our curriculum is continually updated to ensure it complies with the latest modern exercise science and is relevant to fitness professionals, facility operators and clients.

Our commitment to maintaining high standards is one of the reasons instructors trained by STOTT PILATES are in such high demand worldwide.

The key is multiple options and avenues to pursue your professional goals. STOTT PILATES provides flexibility at all levels so you can fulfill your instructor goals no matter when or where you start.



## STOTT PILATES EDUCATION GENERAL INFORMATION

STOTT PILATES® has been a successful educator for 20 years. With our high-caliber training you'll be able to increase your client base, enhance your knowledge and expertise, and stay up-to-date on contemporary Pilates repertoire. You'll also be taught by experienced STOTT PILATES Instructor Trainers and Master Instructor Trainers who can mentor you on your education path.

#### **General Course Objectives**

Our programs provide a balanced and thorough blend of theory, observation and practical experience to help you master the repertoire. In each course, you learn:

- How to apply STOTT PILATES biomechanical principles of core stability, breathing and alignment to all exercises
- A complete breakdown of each exercise
- Exercise goals, muscular initiation and movement sequencing
- Modifications to increase or decrease exercise intensity
- Modifications for specific body types and postural issues
- How to recognize optimal and less than optimal movement patterns
- A variety of programming options to keep clients motivated
- Effective communication, verbal cues and imagery for performance enhancement and client motivation

#### Why Get Certified?

STOTT PILATES Certification is highly recognized in the industry and it shows clients and employers that you are a well-qualified professional. STOTT PILATES Certification is awarded upon successful completion of a course or courses, and a written and practical examination.

Some of the benefits of certification and the STOTT PILATES emPOWER Program include:

- Discounts on Fitness Instructor Liability Insurance rates and all STOTT PILATES commercial equipment
- Listing on our online Instructor Finder
- Access to high-caliber, branded marketing support materials
- Instructor Trainer advice and consultation services

#### **Intensive Program**



Intensive Reformer

Intensive Cadillac

Intensive Stability Chair

Intensive Barrels

#### **Group SPX Program**

Group SPX<sup>™</sup> Mat-Plus<sup>™</sup>

GR Group SPX<sup>™</sup> Reformer

#### **Crossover Program**

Crossover from Intensive Mat-Plus™ to GM

Crossover from Intensive Reformer to GR

xmp Crossover from Group SPX™ Mat-Plus™ to IMP

Crossover from Group SPX™ Reformer to IR

#### Comprehensive Program

Comprehensive Matwork & Reformer

Comprehensive Cadillac, Chair & Barrels

#### **Advanced Program**

Advanced Matwork

AR Advanced Reformer

Acab Advanced Cadillac

Advanced Stability Chair

ABRL Advanced Barrels

#### **Injuries & Special Populations Program**

Injuries & Special Populations

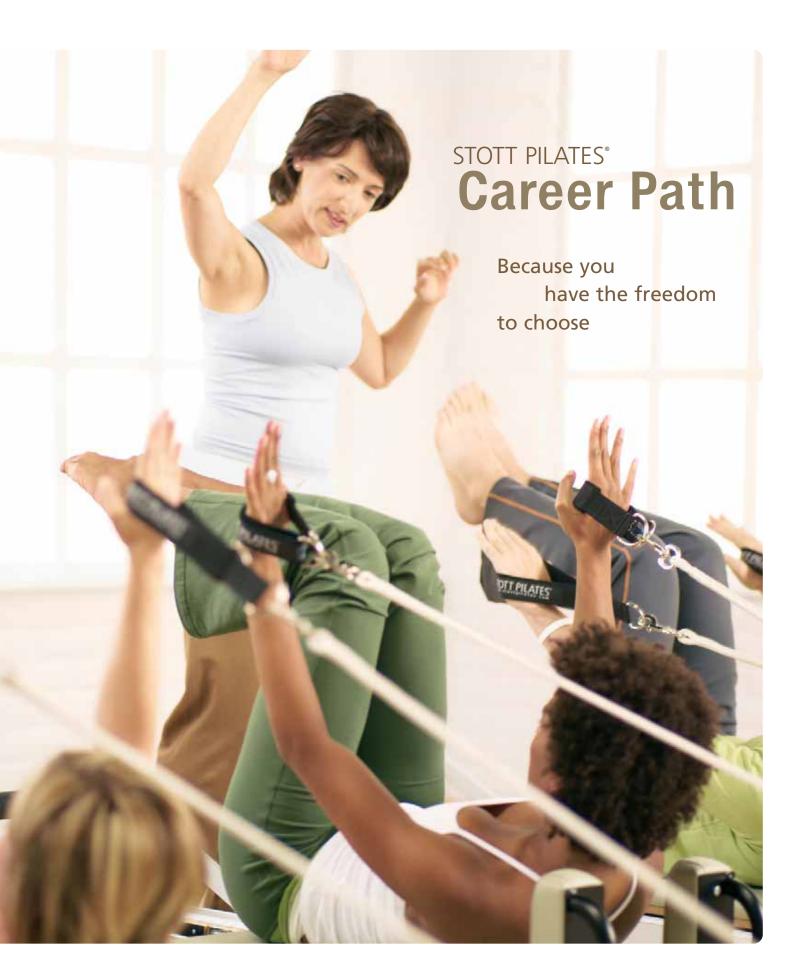
## **Rehabilitation Program**

Spinal, Pelvic & Scapular Stabilization: Matwork & Reformer

RMR2 Peripheral Joint Stabilization: Matwork & Reformer

RCCBD Spinal, Pelvic & Scapular Stabilization: Cadillac, Chair & Barrels

Peripheral Joint Stabilization: Cadillac, Chair & Barrels



Which program is right for you? Where do you begin?

Whether you are a health and fitness or rehab professional, a facility operator, or someone looking for a new career, we have a program to meet your needs. Each program comprises a series of relevant courses or modules delivered at a pace, duration and location most suitable to you or your organization. STOTT PILATES® believes in creating career paths that best suit you. We want you to be a success no matter what avenue you choose.

#### Where to begin:

#### If you:

- are interested in getting started in Pilates or are looking for ways to enhance your professional development
- want variety in your education
- want the freedom to learn without prerequisites



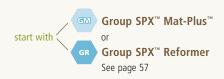
#### If you:

- are interested in pursuing a personal training Pilates career
- have taught fitness or movement for at least three years
- have a working knowledge of functional anatomy
- have taken 30+ hours of Pilates classes



#### If you:

- are interested in teaching Pilates in a group class setting
- have taught fitness or movement for at least three years
- have a working knowledge of functional anatomy
- have taken 30+ hours of Pilates classes



#### If you:

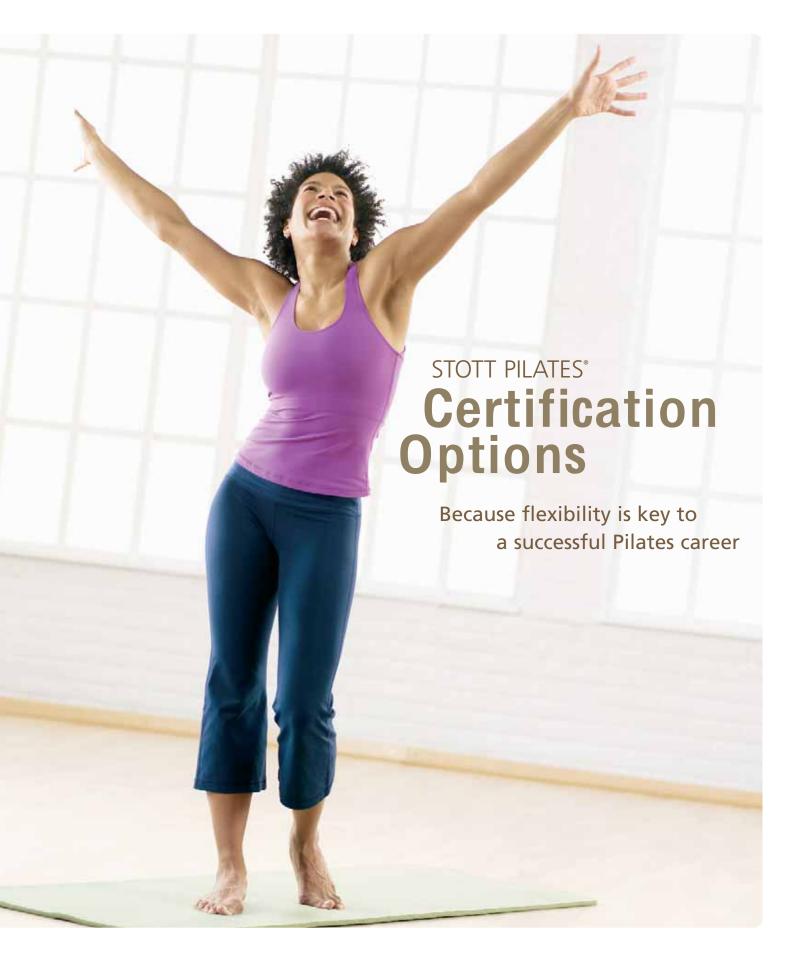
- are interested in pursuing a personal training Pilates career
- have some training in dance, fitness or movement
- have limited training in functional anatomy
- have little or no prior teaching experience
- have at least 30 hours exposure to Pilates

# start with— Comprehensive Matwork & Reformer See page 63

#### If you:

- assess, diagnose, treat, and prescribe exercise for the rehabilitation and/or prevention of injuries
- are a licensed or certified professional in the rehabilitation industry interested in finding ways to integrate Pilates into your practice



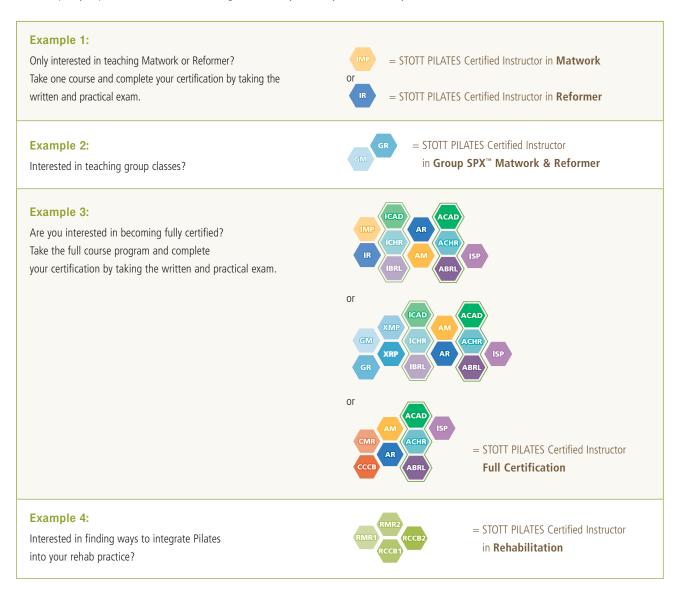


## STOTT PILATES CERTIFICATION OPTIONS

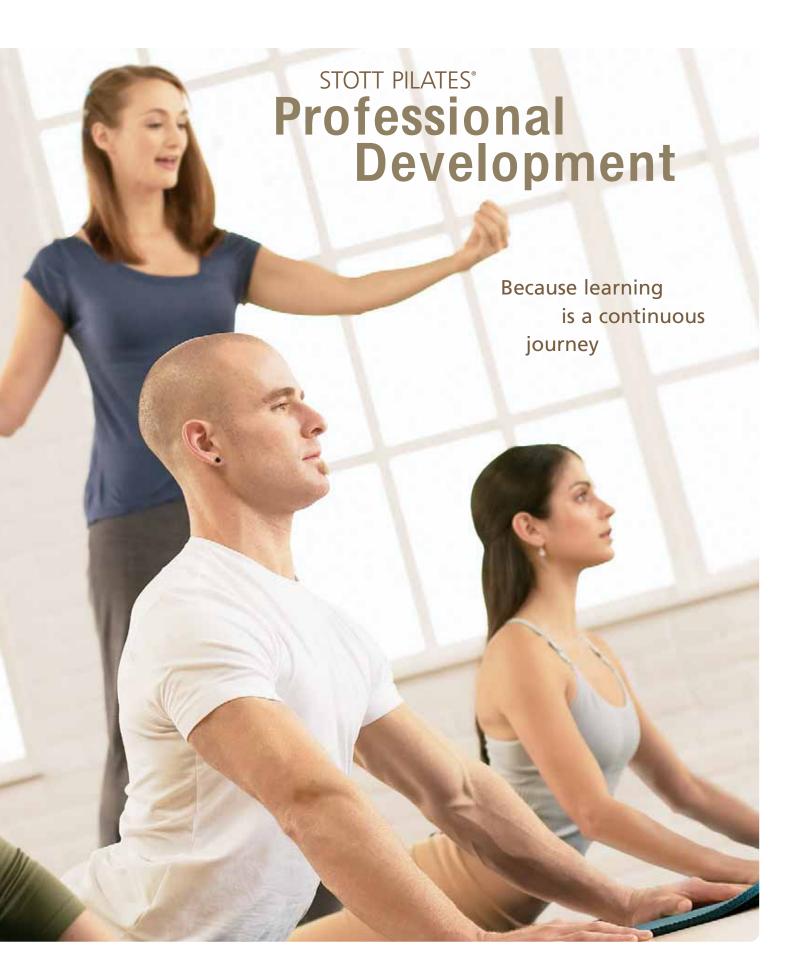
It's important to know that there are many options to choose from to help you become a STOTT PILATES® Certified Instructor — and that there are numerous locations where you can train worldwide. STOTT PILATES provides the opportunity for you to choose which course you want to take first, in what sequence you take courses, and when you take your exam(s).

#### The following are a few examples of different paths leading to certification:

There are plenty of possibilities. Put the courses together in a way that fits your career and your clients' needs.



For a summary of the STOTT PILATES Education prerequisites and courses, see chart on pg 70. If you have any questions, contact us at **education@stottpilates.com** 



## STOTT PILATES PROFESSIONAL DEVELOPMENT

STOTT PILATES® offers a range of professional development, continuing education and certification exams to help you keep your skills and knowledge current. We also offer a wide array of workshop opportunities — with over 150 workshop titles to choose from, no prerequisites required.

#### **Certification and Examinations**

STOTT PILATES Certification is awarded upon successful completion of a course or courses, and a written and practical exam. Exam material is cumulative so students can certify in stages by taking an exam after each course or all at once after a series of courses. For example, students certified in Matwork must take a combined Matwork and Reformer exam should they wish to subsequently certify in Reformer. This also applies to students certified in Reformer who wish to move on to CCB certification.

Exams must be taken within six months of the last course completed. There is a fee associated with each exam. For full certification, successful completion of Matwork, Reformer, Cadillac, Chair & Barrels, Advanced Repertoire, ISP courses and exams are required. At the conclusion of each course, you will receive a letter of completion and Continuing Education Credits (CECs). For more information, visit stottpilates.com/education/exams

#### **Professional Development**

Looking for ways to enhance your professional development? STOTT PILATES offers a wide variety of workshops that are open to anyone.

#### **Continuing Education Program**

STOTT PILATES has established a Continuing Education Credit (CEC) program to help instructors stay up-to-date and enhance their professional development.

STOTT PILATES is recognized as a continuing education provider by Can-Fit-Pro. For more details on the CEC program, or answers to frequently asked questions, please visit stottpilates.com/education/cont-ed/FAQ-conted

**CEC Requirements:** On an annual basis, STOTT PILATES Certified Instructors are required to complete 0.6 CECs (6 hours) to maintain any level of STOTT PILATES certification. Up to 0.2 credits (2 hours) may be approved for non STOTT PILATES workshops based on exercise science and/or related topics.



#### Workshops

Workshops are offered at our International Certification Center in Toronto, our Corporate Training Center in Tribeca, New York, at one of our 50 Licensed Training Centers, at Trade Events and On-site Hosted locations. No prerequisites required.

Workshops are continually updated with the latest information to meet the changing needs of our instructors. They cover everything from the Fundamentals to Sport and Athletic Conditioning to Rehabilitation and Special Populations. Some of our Workshop titles include:

#### **Fundamentals**

- Essential Reformer
- Essential Cadillac
- Intermediate Stability Chair
- Pilates with Props

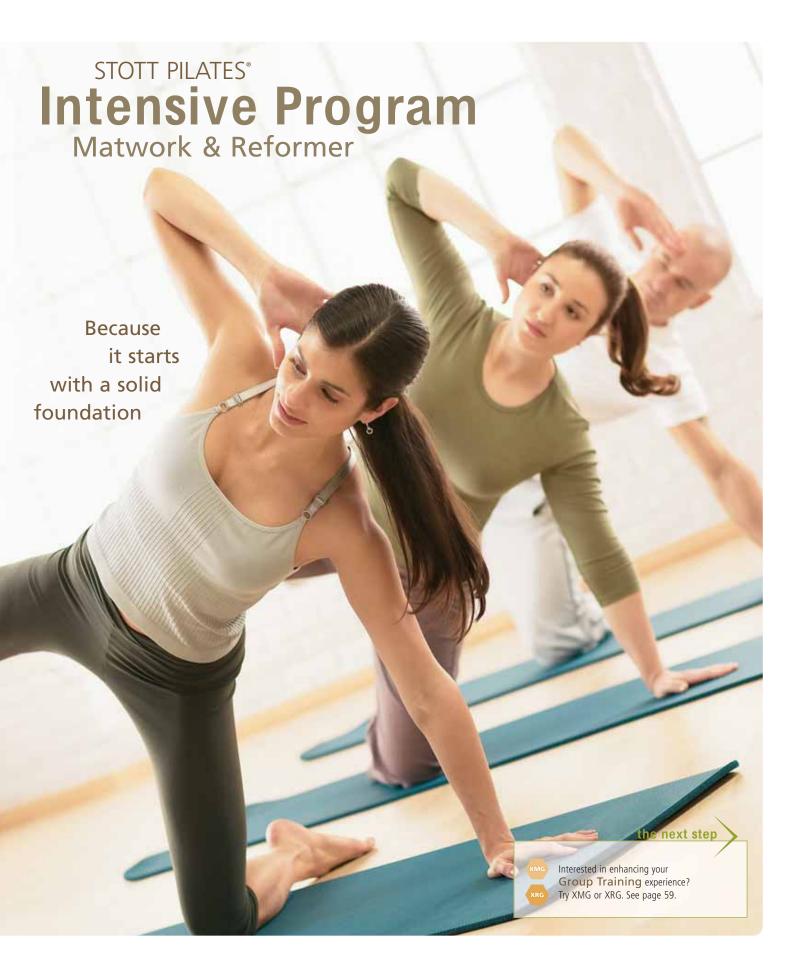
#### **Sport Conditioning**

- Athletic Conditioning on the V2 Max Plus™ Reformer
- ▶ Pilates on the Green for Golf
- Matwork for Men

## Rehabilitation & Special Populations

- ▶ The Secret to a Strong Back
- Matwork for Breast Cancer Rehab
- Reformer for the Older Adult
- ▶ The Knee: Stability & Function
- Lumbo Pelvic Region: Stability & Function





## STOTT PILATES INTENSIVE PROGRAM

Are you interested in pursuing a career as a Pilates personal trainer? Have you taught fitness or movement for a minimum of three years? Do you have a working knowledge of functional anatomy? Have you taken 30 or more hours of Pilates classes?

If you answer yes to all of these questions, then the Intensive Program is the starting point for you. The Intensive Program will deliver complete instruction in the STOTT PILATES® principles and the Essential and Intermediate exercises. If you are mostly interested in teaching in a group class setting, then the Group SPX™ Program is the starting point for you. Please see page 57 for details.

You will learn 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; and exercise layering related to effective program design.

IMP

#### Intensive Mat-Plus™

IMP provides you with the solid foundation and skills you need to develop effective and motivating personal training programs. This course teaches you to design and teach the Level 1 (Essential and Intermediate) Matwork repertoire, integrating light equipment to meet the specific needs of your clients.

#### **Prerequisites**

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

#### Benefits include:

- Workout composition for personal and group training
- Essential, Intermediate, Power workouts
- ▶ Flex-Band®, Fitness Circle® and Arc Barrel workouts
- How to incorporate resistance equipment to support and intensify exercises
- 63 exercises plus multiple modifications

#### Duration

- ▶ 40 hrs class instruction & supervised teaching
- Minimum 10 hrs observation
- Minimum 30 hrs physical review
- Minimum 15 hrs practice teaching
- Conducted over 2 weeks or 3 weekends
- Total: 95 hrs

#### **CECs**

4.0 STOTT PILATES; CFP

## IR

#### **Intensive Reformer**

This course teaches you how to design and instruct Level 1 (Essential and Intermediate) Reformer workouts in a personal training setting for a range of clients. While IR may be taken prior to IMP, we recommend completing IMP first.

#### **Prerequisites**

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

#### Benefits include:

- Effective use of the Reformer to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- How to develop programs for personal and group classes
- Essential, Intermediate, Power workouts
- ▶ 122 exercises plus multiple modifications

#### **Duration**

- > 50 hrs class instruction & supervised teaching
- Minimum 10 hrs observation
- Minimum 40 hrs physical review
- Minimum 25 hrs practice teaching
- Conducted over 3 weeks or 4 weekends
- Total: 125 hrs

#### **CFCs**

▶ 5.0 STOTT PILATES; CFP

REQUIREMENTS

#### Observation, Practice Teaching and Physical Review

A minimum number of hours of observation, practice teaching and physical review are required for all courses and should be completed between instructed sessions at any STOTT PILATES facility. Additional training may be required before certification. Practice teaching and physical review hours must be logged outside of class time and submitted at the time of the practical exam.

#### Observation

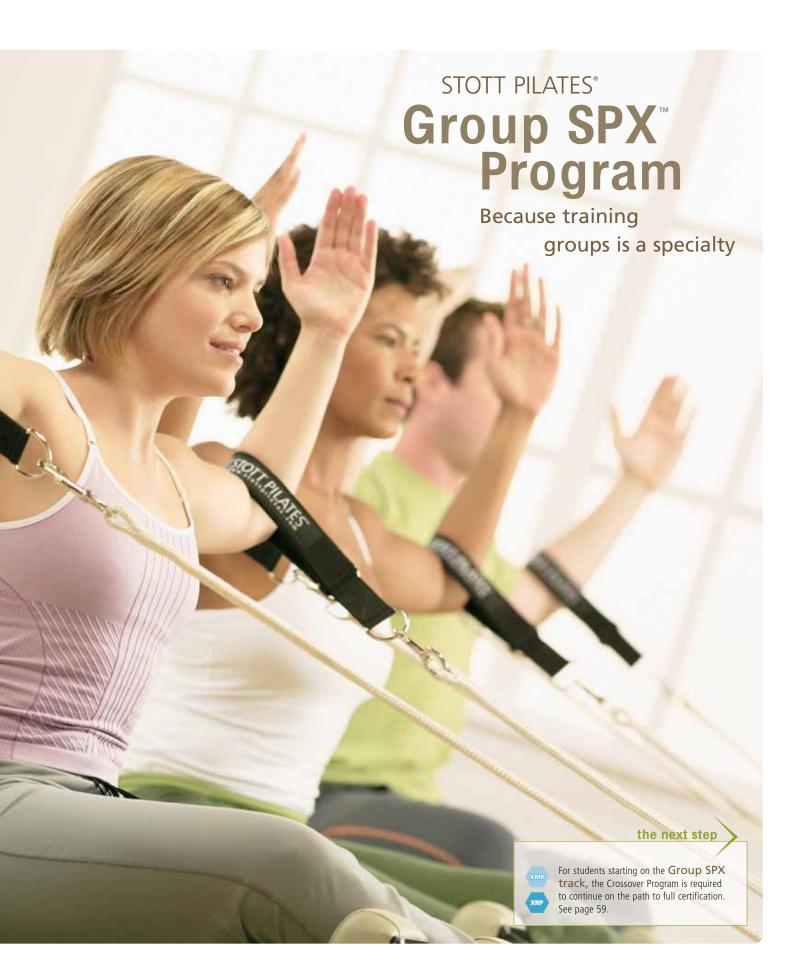
includes watching sessions taught by a STOTT PILATES Certified Instructor or relevant STOTT PILATES videos.

#### **Practice Teaching**

hours can be fulfilled by instructing family, fellow students, friends or clients.

#### **Physical Review**

means physically performing the exercises learned in class. Taking a class with a STOTT PILATES Certified Instructor or working out with video can qualify as physical review hours, and can be completed individually or with other students.



## STOTT PILATES GROUP SPX PROGRAM

Are you interested in pursuing a Pilates career in a group exercise setting? Have you taught fitness or movement for a minimum of three years? Do you have a working knowledge of functional anatomy? Have you taken 30 or more hours of Pilates classes?

If you answered yes to all of these questions, the Group SPX™ Program is the place to start. It's ideal for those who want to be trained in a quality group Pilates program. In addition, the Group SPX programming stream is a quick and effective solution to learn all there is to know about training for a group setting.

These courses include learning motivation and observation skills, as well as verbal cueing and imagery specific to group training; standard modifications to help the instructor deal with different students in the same class; and form and functional anatomy involved in each exercise.

Upon completion of either of these courses, instructors can progress to the Crossover Program (see page 59) should they decide to continue on the path to full certification.

**G**M

#### **Group SPX™ Mat-Plus™ Training**

This course is designed specifically for trainers who teach in a group environment. Taught in two modules, instructors learn necessary skills to conduct safe Essential and Intermediate level group Matwork classes with energy and effective cueing techniques. Instructors are eligible to take the certification exam once they have successfully completed both modules 1 & 2.

## In addition to the general course objectives above, this course covers:

- How to conduct an orientation session that promotes group Matwork or Mat-Plus classes to first-time clients
- Ten group Matwork routines (Essential through Intermediate) with a variety of intensity levels
- Effective use of light equipment (Flex-Band® exercisers, Fitness Circle® resistance rings and Toning Balls) to enhance strength, peripheral extremity conditioning, and coordination
- More than 57 exercises, plus multiple modifications

#### **Prerequisites**

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

#### Duration

- 40 hrs class instruction and supervised teaching
- Module 1 is 25 hrs; Module 2 is 15 hrs

After each 15 hr or 10 hr segment:

- Minimum 3 hrs observation
- Minimum 10 hrs physical review
- Minimum 5 hrs practice teaching

#### **CFCs**

4.0 STOTT PILATES; CFP

#### GR

#### **Group SPX™ Reformer Training**

This course is specifically designed for trainers who teach in a group environment. Composed of two modules, it will provide instructors with the skills to conduct safe Essential and Intermediate level Group SPX Reformer classes with energy and effective cueing techniques. Instructors are eligible to take the certification exam once they have successfully completed both modules 1 & 2.

## In addition to the general course objectives above, this course covers:

- How to conduct an orientation session to promote group Reformer classes to new clients
- Effective use of the Reformer to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- Twelve group Reformer programs (Essential through Intermediate) with a variety of intensity levels
- More than 120 Essential and Intermediate level exercises including warm-ups and plyometric exercises using the Jumpboard, plus multiple modifications

#### **Prerequisites**

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

#### Duration

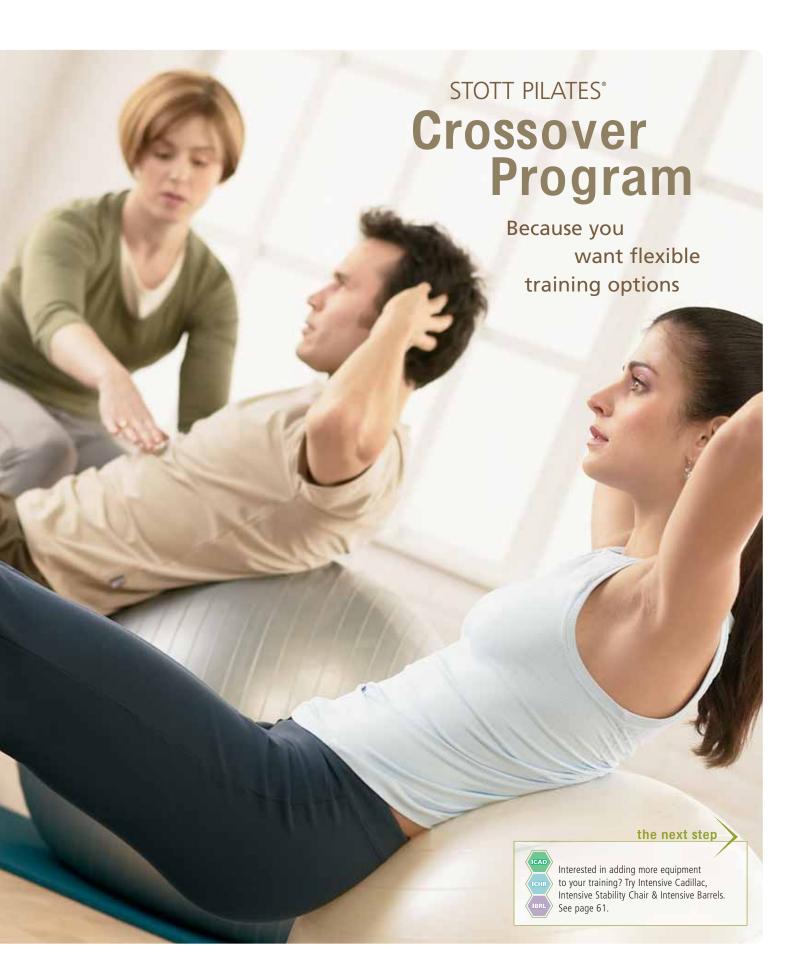
- ▶ 50 hrs class instruction and supervised teaching
- Module 1 is 30 hrs; Module 2 is 20 hrs

After each 15 hr or 10 hr segment:

- Minimum 3 hrs observation
- Minimum 10 hrs physical review
- Minimum 7 hrs practice teaching

#### CFCs

▶ 5.0 STOTT PILATES; CFP



## STOTT PILATES CROSSOVER PROGRAM

Are you a Pilates instructor seeking professional growth? Are you interested in expanding your teaching and communication skills? Are you a personal trainer interested in teaching group exercise? Are you an instructor looking for ways to increase your clientele?

The Crossover Program was created to offer additional opportunities for professional growth by helping instructors make the transition from private to group training, or vice versa. Instructors who have specialized in personal training gain added knowledge in programming and sequencing group exercise repertoires. Those who begin with group training expertise enhance their knowledge of postural analysis, learn additional exercises and how to train clients one-on-one.



#### Crossover from Intensive Mat-Plus™ to GM

XRG

#### Crossover from Intensive Reformer to GR

Enhance your group instruction skills enabling you to teach group Matwork safely while keeping classes upbeat and motivating. Learn to conduct an orientation session designed specifically for clients entering group Matwork classes. Instructors will leave with ten pre-designed Essential through Intermediate workouts ready to teach in a group environment. These incorporate light equipment (Flex-Band® exercisers, Fitness Circle® resistance rings and Toning Balls) and cover a variety of intensity levels.

#### **Prerequisites**





#### Duration

▶ 6 hrs

#### **CECs**

0.6 STOTT PILATES; CFP

Designed for instructors who have completed the Intensive or Comprehensive Reformer training. Enhance your group instruction skills enabling you to safely teach a small group Reformer session while keeping the class upbeat and motivating. You will learn to conduct an orientation class designed specifically for clients entering group Reformer classes. Instructors will leave ready to teach 12 pre-designed Essential through Intermediate workouts in a group environment, as well as a number of plyometric exercises performed on the Jumpboard.

#### **Prerequisites**







## Duration

6 hrs

#### **CECs**

0.6 STOTT PILATES; CFP

VOTE

For students who started on the Intensive or Comprehensive track, the Crossover Program is not required to continue on the path to full certification.

#### MIME

#### Crossover from Group SPX™ Mat-Plus™ to IMP



#### Crossover from Group SPX™ Reformer to IR

This course is designed for instructors who have already trained in the Group SPX Mat-Plus course and who want to move seamlessly from a group training environment to working with a private client. Learn how to improve your observation skills, develop customized personal training routines, and differentiate between motivating and safely working out with a private client versus group clients. You will also learn how to conduct a postural analysis and how to enhance your ability to notice postural deviations and working form in clients — while keeping modifications for specific body types in mind.

#### **Prerequisites**



#### Duration

10 hrs

#### **CECs**

▶ 1.0 STOTT PILATES; CFP

This course is designed for instructors who have already trained in the Group SPX Reformer course and who want to learn the nuances of one-on-one training sessions. Learn how to improve your observation skills, develop personal training routines tailored to specific individuals, and differentiate between motivating and safely working out with a private client versus group clients. You will also learn how to enhance your ability to notice postural deviations and working form in clients. This course will teach you how to conduct a postural analysis and review the repertoire, keeping modifications for specific body types in mind.

#### **Prerequisites**



#### Duration

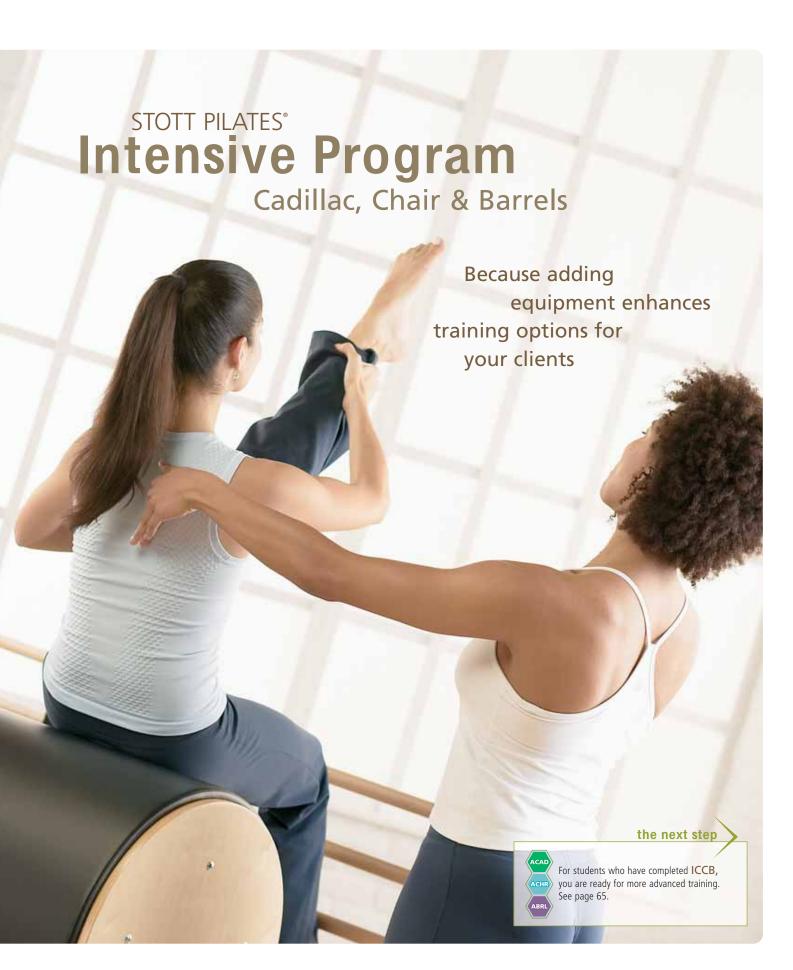
) 10 hrs

#### **CECs**

▶ 1.0 STOTT PILATES; CFP

NOTE

Upon completion of these courses, students who started on the Group SPX" path are eligible to continue on the path to full certification.



## STOTT PILATES INTENSIVE PROGRAM

Have you completed both the Matwork and Reformer courses? Do you want to add dynamic equipment work to your repertoire? Are you ready to expand your Pilates career path and enhance your marketability as an instructor? Are you intrigued by diverse training techniques?

Then you're ready to add more equipment knowledge and variety to your teaching skills. The Intensive Cadillac, Chair & Barrels course will deliver complete instruction in the STOTT PILATES® principles and the Essential and Intermediate exercises on the equipment.



Intensive Cadillac, Chair & Barrels [ICCB] is now taught in three separate modules

The Cadillac, Chair & Barrels course has been restructured into three separate modules to allow you to choose which element to take, and when (they may be scheduled consecutively). Completion of all three modules is required to be eligible for certification.

#### **Intensive Cadillac**

ICAD prepares you to teach Level 1 (Essential and Intermediate) exercises on the Cadillac. By the end of this course you will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 125 exercises on the Cadillac Trapeze Table.

#### **Prerequisites**







#### Duration

- 25 hrs class instruction and supervised teaching
- Minimum 10 hrs observation
- Minimum 15 hrs physical review
- Minimum 10 hrs practice teaching
- Conducted over 5 days or 2 weekends
- Total: 60 hrs

#### **CECs**

2.5 STOTT PILATES; CFP

#### **Intensive Stability Chair**

ICHR prepares you to teach Level 1 (Essential and Intermediate) exercises on the Stability Chair. By the end of this course you will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 63 exercises on the Stability Chair.

#### **Prerequisites**







#### Duration

- 15 hrs class instruction and supervised teaching
- Minimum 5 hrs observation
- Minimum 10 hrs physical review
- Minimum 10 hrs practice teaching
- Conducted over 3 days or 1 weekend
- Total: 40 hrs

#### **CECs**

1.5 STOTT PILATES; CFP

#### **Intensive Barrels**

IBRL prepares you to teach Level 1 (Essential and Intermediate) exercises on the Barrels. By the end of this course you will be able to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 98 exercises on the Ladder Barrel, Spine Corrector and Arc Barrel.

#### **Prerequisites**







#### Duration

- 10 hrs class instruction and supervised teaching
- Minimum 5 hrs observation
- Minimum 10 hrs physical review
- Minimum 5 hrs practice teaching
- Conducted over 2 days or 1 weekend
- ▶ Total: 30 hrs

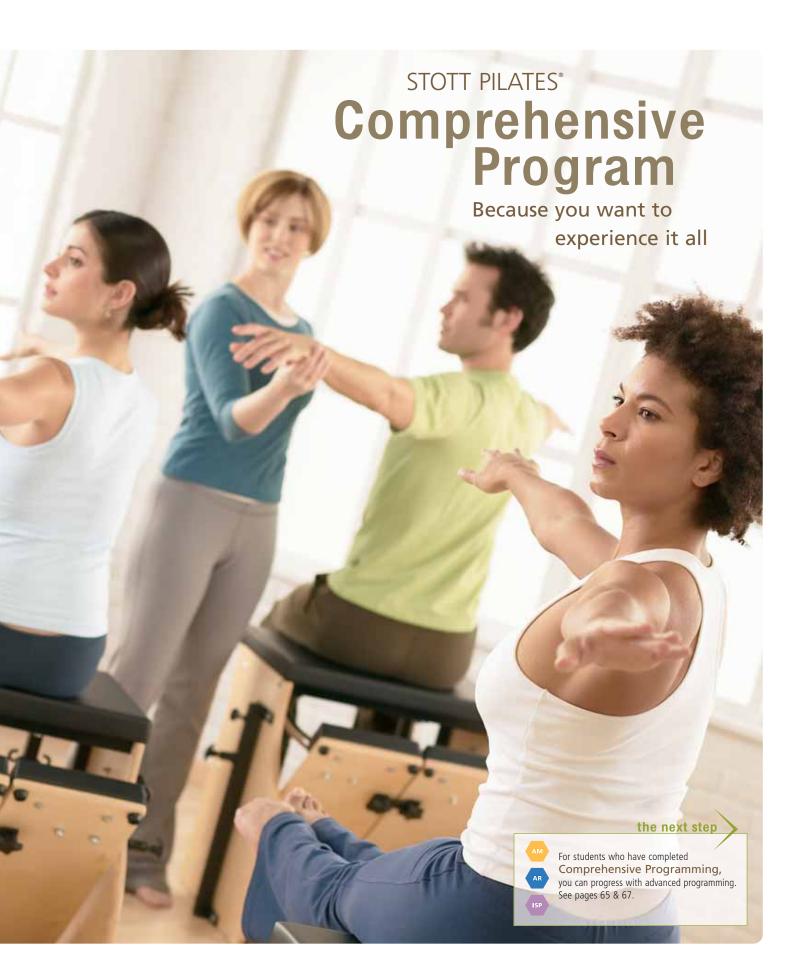
#### **CECs**

▶ 1.0 STOTT PILATES; CFP

# IN ADDITION

#### You will also learn:

- Effective use of equipment to enhance torso stability and strength, peripheral extremity training, 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



## STOTT PILATES COMPREHENSIVE PROGRAM

Do you have a passion for dance, fitness or movement, and are you looking for a new career? Do you have limited training in functional anatomy? Do you have little or no prior teaching experience? Are you interested in pursuing a personal training Pilates career?

If you answer yes to all of these questions, then the Comprehensive Program is the starting point for you. The Comprehensive Program will deliver complete instruction in the STOTT PILATES® principles and the Essential and Intermediate exercises. It will give you an understanding of functional anatomy, and will get you prepared to teach in a private or group setting.

In these two courses, you will learn effective use of equipment to enhance torso stability and strength, peripheral extremity training, joint stability, flexibility, balance and coordination; effective communication and observational skills; verbal cueing and imagery for performance enhancement and client motivation; modifications for specific body types, postural issues and conditions; and exercise layering related to effective program design.

## CMR

#### Comprehensive Matwork & Reformer

Learn the biomechanical principles of STOTT PILATES exercises and their application to the Level 1 (Essential and Intermediate) Matwork and Reformer repertoire. This course teaches you to design, teach and modify Essential and Intermediate level classes, integrating light equipment to add variety and to meet the specific needs of your clients.

#### In addition to the general course objectives you will learn:

- Functional anatomy (lecture/demonstration format)
- Use of Flex-Band® exerciser, Fitness Circle® resistance ring and Arc Barrel to enhance, support and intensify strength and flexibility exercises
- How to develop effective Matwork, Reformer and combined Matwork & Reformer programs for personal and group training
- Essential, Intermediate, Power workouts
- Theory and practice of postural analysis
- 185 exercises, plus multiple modifications

#### **Prerequisites**

- Some training in dance, fitness or movement
- At least 30 hrs exposure to Pilates

#### Duration

- 30 hrs class instruction in functional anatomy
- 90 hrs class instruction and supervised teaching
- Minimum 20 hrs observation
- Minimum 70 hrs physical review
- Minimum 40 hrs practice teaching
- ▶ 60 hrs apprenticeship performed upon completion
- Conducted over 15 weeks, not including apprenticeship
- Total: 310 hrs

#### CECs

▶ 12.0 STOTT PILATES; CFP

## СССВ

#### Comprehensive Cadillac, Chair & Barrels

This course prepares you to teach Level 1 (Essential and Intermediate) exercises on STOTT PILATES Cadillac Trapeze Table, Stability Chair, Ladder Barrel, Spine Corrector and Arc Barrel. By the end, you are able to fine-tune both personal and circuit training programs to meet general fitness and athletic conditioning goals.

#### Beyond the general course objectives, you will learn:

- ▶ How to develop dynamic programs in a full studio environment
- 295 exercises plus multiple modifications

#### **Prerequisites**



#### Duration

- > 50 hrs class instruction and supervised teaching
- Minimum 10 hrs observation
- Minimum 40 hrs physical review
- Minimum 25 hrs practice teaching
- ▶ 40 hrs apprenticeship performed upon completion of course
- Conducted over eight weeks, not including apprenticeship
- Total: 165 hrs

#### CECs

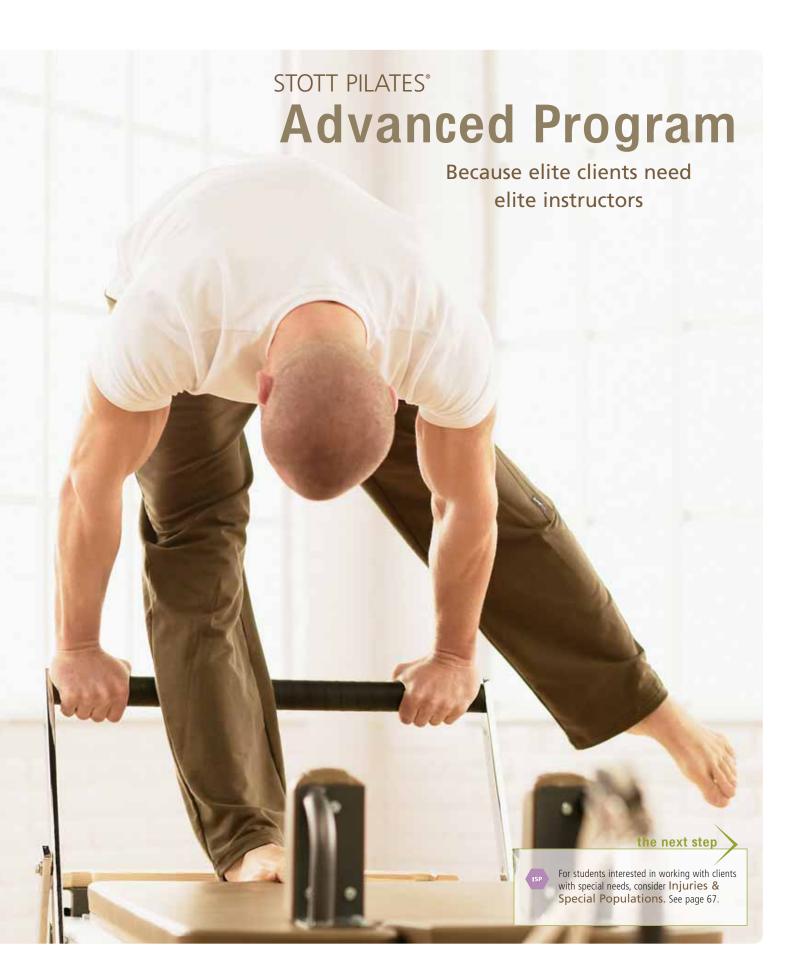
▶ 5.0 STOTT PILATES; CFP

# WHAT IT IS

#### The Apprentice Requirement

Apprenticeship hours are completed by teaching students, staff, friends, family and clients. Students must fulfill their apprenticeship before booking their exam. Before starting your apprenticeship hours, you must have an evaluation with an Instructor Trainer to determine your capabilities. You will be evaluated once more during this trial period.





## STOTT PILATES ADVANCED PROGRAM

Are you ready to take your training to the next level? Are you interested in more exercise programming options? Do you enjoy challenging yourself as much as your clients? Do you enjoy working with highly conditioned athletes and experienced clients to help them achieve their goals?

The Advanced Program applies the STOTT PILATES® principles to exercises that require a higher degree of strength, balance and coordination. These courses can be taken immediately after the corresponding Level 1 course or as a series.



#### **Advanced Matwork**

This one-day course progresses to more advanced material, providing further options and challenges on the Mat for highly conditioned clients. Exercises require a high degree of strength, balance and coordination. Participants will learn 13 exercises and advanced modifications.

#### **Prerequisites**







#### Duration

6 hrs instruction in 1 day

#### **CECs**

0.6 STOTT PILATES; CFP



#### **Advanced Reformer**

Learn to use the various Reformer components and accessories to intensify the Reformer repertoire and provide a stimulating workout for athletes, dancers, and highly conditioned clients. Exercises require greater strength, stability and flexibility. Participants will learn 70 new exercises and exercise variations.

#### **Prerequisites**







▶ 18 hrs instruction over 3 days

#### **CECs**

▶ 1.8 STOTT PILATES; CFP



#### Advanced Cadillac, Chair & Barrels [ACCB] is now taught in three separate modules

Advanced Cadillac Chair & Barrels course has been restructured into three separate modules to allow you to choose which element to take, and when (they may be scheduled consecutively). Completion of all three modules is required to be eligible for certification.



#### **Advanced Cadillac**

ACAD prepares you to teach 28 Advanced level exercises plus modifications using the Cadillac for the highly conditioned client.

#### **Prerequisites**











6 hrs class instruction in 1 day



#### **Advanced Stability Chair**

ACHR provides you with 14 Advanced level exercises plus modifications using the Stability Chair for the highly conditioned client.

#### **Prerequisites**









3 hrs class instruction in 1 day

#### **Advanced Barrels**

ABRL equips you with 14 Advanced level exercises plus modifications using the Ladder Barrel, Spine Corrector and Arc Barrel for the highly conditioned client.

#### **Prerequisites**



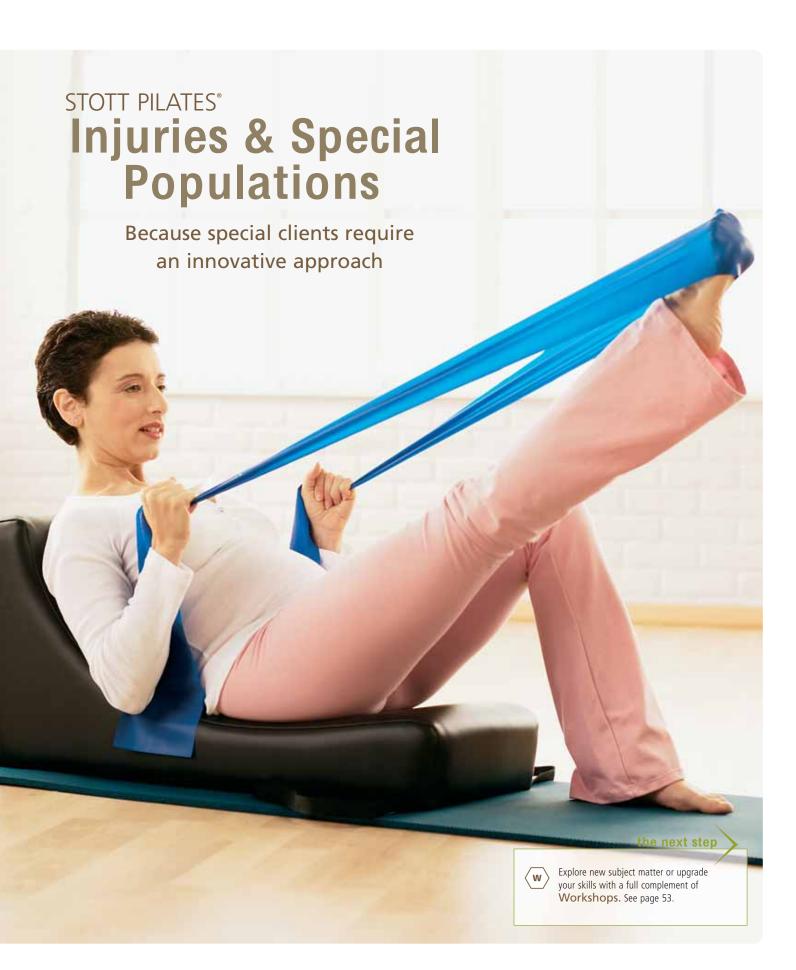






#### Duration

3 hrs class instruction in 1 day



## STOTT PILATES ISP PROGRAM

Are you interested in customizing workouts for your clients with special needs? Do you have a special interest in anatomy and biomechanics? Are you interested in working with clients with a broad range of physical challenges? Do you enjoy developing highly customized workouts for your clients?

The Injuries & Special Populations Program equips you with the skills to meet your clients' needs. The "lecture-demo" style format provides a greater understanding of the many conditions and challenges your clients may have and/or are experiencing at the time of their rehabilitation.

Using all the foundation and tools from previous courses, you will be able to assist in all of your clients' programming needs.



#### **Injuries & Special Populations**

In this course, you will learn to customize workouts to address weaknesses, health conditions, postural problems and injuries (but not to diagnose specific injuries). Topics covered in this lecture-demonstration class include:

- Approaches to rehabilitating an injured musculoskeletal system
- Anatomy and biomechanics, dysfunctions and pathologies, and exercise modifications in the lumbo-pelvic, cervical, upper quadrant, shoulder, elbow, wrist, hip, knee, ankle and foot regions
- Pregnancy, fibromyalgia and other special conditions, plus workout design
- Appropriate modification of Matwork, Reformer, Cadillac, Stability Chair and Barrel exercises as well as proper use of props and light equipment

#### **Prerequisites**











#### **Duration**

> 24 hrs class instruction over 4-6 days

#### **CECs**

2.4 STOTT PILATES; CFP



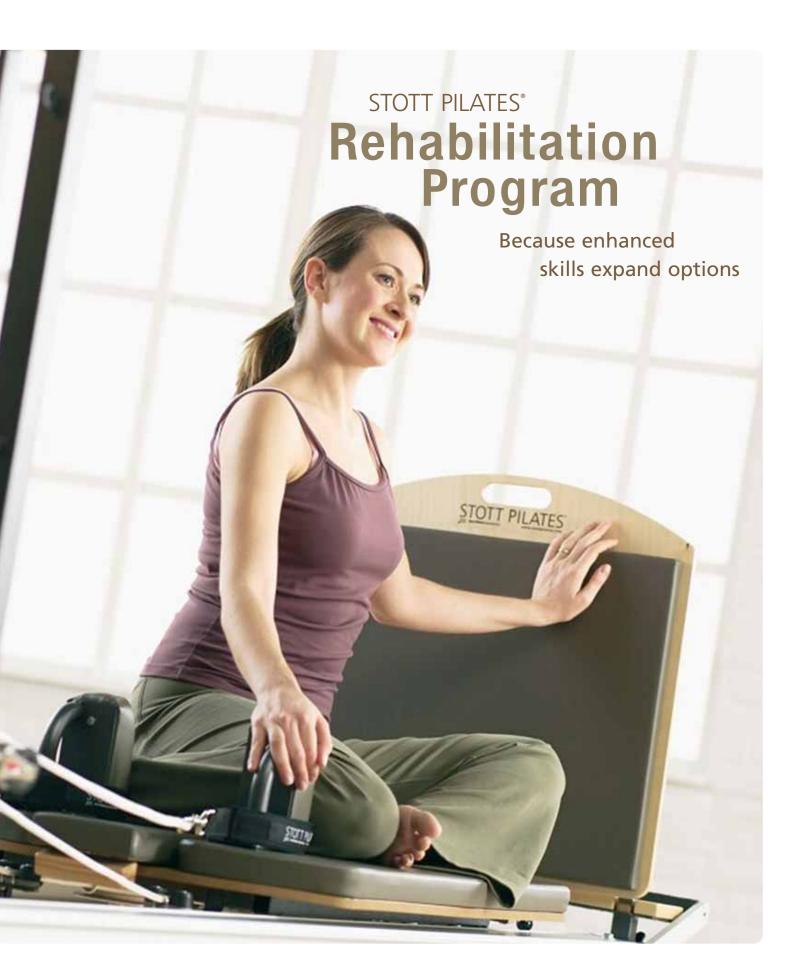
#### ISP Populations include:

- Prenatal, Post-Natal
- Breast Cancer
- Breast Surgery
- Chronic Auto Immune Disorders
- Obesity
- Active Aging
- Osteoporosis
- Parkinson's Disease
- Scoliosis
- Diabetes
- Fibromyalgia

#### **DVD Programming offered:**

(see page 83 for more info)

- Back Care Repertoire
- Spinal, Pelvic & Scapular Stabilization on Equipment, 2 DVD Set
- Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame, 2 DVD Set
- Peripheral Joint Stabilization on Equipment
- Peripheral Joint Stabilization with Reformer & Vertical Frame, 2 DVD Set



## STOTT PILATES REHABILITATION PROGRAM

Do you assess, diagnose, treat, and prescribe exercise for the rehabilitation and/or prevention of injuries?

Are you a licensed or certified professional in the rehab industry interested in new ways to integrate Pilates into your practice? Are you ready for challenging programming to satisfy all your clients' needs?

The STOTT PILATES® Rehabilitation Program demonstrates how to integrate modified Matwork and equipment-based STOTT PILATES exercises appropriately into therapeutic conditioning.



# Spinal, Pelvic & Scapular Stabilization: Matwork & Reformer

This course introduces you to the Five Basic Principles of STOTT PILATES and their application to modified Matwork, light equipment and Reformer exercises. Emphasis is on lumbo-pelvic and shoulder girdle stabilization and the role they play in rehabilitation and injury prevention. By incorporating clinical problem solving using the STOTT PILATES Method, you will learn how to identify proper exercise execution and movement patterns, effective verbal cueing and imagery, and over 90 exercises plus multiple modifications.

#### **Prerequisites**

Applications are accepted from the following licensed or certified professionals only:

- Physiotherapists/Physical Therapists or Physical Therapist Assistants
- Occupational Therapists, Chiropractors, Osteopaths
- Medical Doctors or Sports Medicine Doctors
- Professionals with a minimum of two years of full time study from a certifying/ licensing/degree granting institution (including Pilates) in anatomy, physiology, injury prevention, or exercise prescription with clinical experience.

#### Duration

24 hrs of instruction and supervised teaching

#### CECS

2.4 STOTT PILATES; CFP



# Peripheral Joint Stabilization: Matwork & Reformer

This course builds on the biomechanical and stabilization principles learned in RMR1, keeping the emphasis on core stability while mobilizing the peripheral joints. These exercises are designed to prevent and rehabilitate common injuries by balancing and strengthening muscles around the joints in order to restore and maintain healthy movement patterns. Participants also learn to focus on injuries of the shoulder, elbow, wrist, hip, knee and ankle; clinical problem solving using the STOTT PILATES Method; and over 45 new exercises plus multiple modifications.

#### **Prerequisites**



#### Duration

> 24 hrs of instruction and supervised teaching

#### CECS

2.4 STOTT PILATES; CFP



# Spinal, Pelvic & Scapular Stabilization: Cadillac, Chair & Barrels

Learn how to incorporate the different levels of resistance and support provided by the Cadillac Trapeze Table, Stability Chair and Barrels to improve mobilization and stabilization of the lumbo-pelvic region and shoulder girdle — with an emphasis on their roles in injury prevention and rehabilitation. Review the STOTT PILATES Five Basic Principles and learn how to identify proper execution and movement patterns, effective verbal cueing and imagery, and clinical problem solving using this methodology.

#### **Prerequisites**



#### Duration

> 24 hrs of instruction and supervised teaching

#### CFCs

2.4 STOTT PILATES; CFP



# Peripheral Joint Stabilization: Cadillac, Chair & Barrels

Learn how to stabilize the musculo-skeletal structures with a widely varied series of non weight-bearing and weight-bearing exercises. You will begin by targeting the upper and lower extremities and enabling isolation of the joints while maintaining core stability. You then learn how to help patients and clients progress to weight-bearing exercises in order to improve functional alignment and core stability. This course introduces more intermediate level exercises and return to sport and activity progressions. Over 50 new exercises plus multiple modifications.

#### **Prerequisites**



#### Duration

▶ 16 hrs of instruction and supervised teaching

#### CECs

▶ 1.6 STOTT PILATES; CFP

## STOTT PILATES®

# **Education** at a Glance

	course code	course title	prerequisites	class time (hrs)	observation (hrs)	physical review (hrs)	practice training (hrs)	apprenticeship (hrs)
	(w)	Workshops	No prerequisites required	varies	n/a	n/a	n/a	n/a
Inte	ensive P	ogram – Matwork & Reformer						
	IMP	Intensive Mat-Plus™	<ul> <li>3+ years teaching fitness or movement</li> <li>30 hours of Pilates classes</li> <li>Working knowledge of functional anatomy</li> </ul>	40	10	30	15	n/a
	IR	Intensive Reformer	<ul> <li>3+ years teaching fitness or movement</li> <li>30 hours of Pilates classes</li> <li>Working knowledge of functional anatomy</li> </ul>	50	10	40	25	n/a
Gro	up SPX <sup>†</sup>	Program – Matwork & Reformer						
	GM	Group SPX™ Mat-Plus	<ul> <li>3+ years teaching fitness or movement</li> <li>30 hours of Pilates classes</li> <li>Working knowledge of functional anatomy</li> </ul>	40	10	30	15	n/a
		Taken in 2 modules:						
		Module 1	<ul> <li>3+ years teaching fitness or movement</li> <li>30 hours of Pilates classes</li> <li>Working knowledge of functional anatomy</li> </ul>	25	6	20	10	n/a
		Module 2	▶ Group SPX Mat-Plus Module 1	15	3	10	5	n/a
	GR	Group SPX Reformer	<ul> <li>3+ years teaching fitness or movement</li> <li>30 hours of Pilates classes</li> <li>Working knowledge of functional anatomy</li> </ul>	50	10	40	25	n/a
		Taken in 2 modules:  Module 1	<ul> <li>3+ years teaching fitness or movement</li> <li>30 hours of Pilates classes</li> <li>Working knowledge of functional anatomy</li> </ul>	30	6	20	14	n/a
Cur	an a var	Module 2	Group SPX Reformer Module 1	20	6	20	14	n/a
Ur0	ssover P	<del>-</del>	_					
	XMG	Crossover from Intensive Mat-Plus to GM	IMP	6	n/a	n/a	n/a	n/a
	XRG	Crossover from Intensive Reformer to GR	IR	6	n/a	n/a	n/a	n/a
	XMP	Crossover from Group SPX Mat-Plus to IMP	GM	10	n/a	n/a	n/a	n/a
	XRP	Crossover from Group SPX Reformer to IR	GR	10	n/a	n/a	n/a	n/a

## STOTT PILATES EDUCATION AT A GLANCE

course code	course title	prerequisites	class time (hrs)	observation (hrs)	physical review (hrs)	practice training (hrs)	apprenticeship (hrs)			
Intensive Pr	rogram – Cadillac, Chair & Barrels									
ICAD ICHR	Intensive Cadillac Intensive Stability Chair	either or GM XMP GR XRP	25 15	10 5	15 10	10 10	n/a n/a			
IBRL										
	Intensive Barrels	same as above	10	5	10	5	n/a			
Comprehensive Program										
CMR	Comprehensive Matwork & Reformer — (Class time includes 30-hour functional anatomy course)	30 hours of Pilates classes	120	20	70	40	60			
СССВ	Comprehensive Cadillac, Chair & Barrels	CMR	50	10	40	25	40			
Advanced F	Program – Matwork & Reformer									
АМ	Advanced Matwork	• either or GM or CMR	6	n/a	n/a	n/a	n/a			
AR	Advanced Reformer	either IR or GR XRP or GMR	18	n/a	n/a	n/a	n/a			
Advanced F	Program – Cadillac, Chair & Barrels									
ACAD	Advanced Cadillac	either CAD ICHR IBRL Or CAD Or CCCB	6	n/a	n/a	n/a	n/a			
ACHR	Advanced Stability Chair	either lead light libri. Or CCCB	3	n/a	n/a	n/a	n/a			
ABRL	Advanced Barrels	either RAD ICHR IBRL OF CCCB	3	n/a	n/a	n/a	n/a			
ISP Program	1									
ISP	Injuries & Special Populations	either IMP Or IR or GM XMP or GR XRP or GMR	24	n/a	n/a	n/a	n/a			
Rehabilitation Program										
RMR1	Spinal, Pelvic & Scapular Stabilization: Matwork & Reformer	Licensed or certified professionals only. For full list see page 69	24	n/a	n/a	n/a	n/a			
RCCB1	Spinal, Pelvic & Scapular Stabilization: Cadillac, Chair & Barrels	RMR1	24	n/a	n/a	n/a	n/a			
RMR2	Peripheral Joint Stabilization: Matwork & Reformer	RMR1	24	n/a	n/a	n/a	n/a			
RCCB2	Peripheral Joint Stabilization: Cadillac, Chair & Barrels	RMR2 RCCB1	16	n/a	n/a	n/a	n/a			

## STOTT PILATES COURSE MATERIALS

## Course Materials and Educational Aids

STOTT PILATES® has created a complete learning library in the form of instructional videos and manuals to accompany each educational program and every piece of equipment. For complete details, check course materials online at stottpilates.com/ed-materials. We've also developed effective training tools including quick-reference wall charts to provide programming information, and easy-to-use workout sheets as a system for monitoring client progress.



#### **Training Manuals**

Our complete set of detailed, illustrated guides document every movement in the STOTT PILATES repertoire. Step-by-step instructions are provided for each exercise, including information on the focus of each exercise, specific muscles used and possible variations and modifications. Several of these manuals have been translated into other languages. Please inquire about availability.

- Comprehensive Matwork
- Essential Reformer
- Intermediate Reformer
- Advanced Reformer
- Essential Cadillac
- Intermediate/Advanced Cadillac
- Complete Stability Chair
- Complete Arc Barrel
- Complete Ladder Barrel
- Complete Spine Corrector



#### **Wall Chart Workout Posters**

Helpful, colorful poster-sized charts are ideal for displaying in your studio. These charts outline the repertoire for STOTT PILATES Matwork, Reformer, Cadillac, Stability Chair and Barrels with suggested repetitions and resistance settings where applicable.

**№** 27" x **н**39"

#### **Client Workout Sheets**

Convenient pads of 100 tear-off sheets to chart clients' workouts, with ample room for notes. Twelve titles in all.

w 8<sup>1</sup>/<sub>2</sub>" x H11"x 100 sheets

Wall charts and client workout sheets are available in the following titles:

- Essential Matwork
- Intermediate Matwork
- Advanced Matwork
- Essential Reformer
- Intermediate Reformer
- Advanced Reformer
- Essential Cadillac
- Intermediate/Advanced Cadillac
- Complete Stability Chair
- Complete Arc Barrel
- Complete Ladder Barrel
- Complete Spine Corrector



#### **Professional DVDs**

STOTT PILATES *Professional* DVDs can be studied to fulfill course observation hours and also serve as an indispensable resource for programming ideas. Our At Home programs are also a great way to expand your programming repertoire. See stottpilates.com/videos or go to page 84 for current titles, formats and language availability.



Products not shown to scale

#### STOTT PILATES TRAINING FACILITIES

## **Training Facilities Worldwide**

STOTT PILATES® training and certification programs are available around the globe. Courses are offered at our International Certification Center in Toronto, our Corporate Training Centers in New York City and Denver, at selected Licensed Training Centers and industry events, or can be hosted on-site at your location for your convenience. Whichever option you choose, you can be sure to get the same high-quality instruction.

#### **International Certification Center**

Give yourself the benefit of starting or continuing your education at the STOTT PILATES International Certification Center in Toronto or at our Corporate Training Centers in Tribeca, New York and Denver, where instructors come from all over the world to train. All courses including Intensive, Comprehensive, Advanced, ISP, Group SPX<sup>™</sup> and Rehabilitation, are held at our corporately owned center in Toronto with our team of top-level Instructor Trainers. Introductory and continuing education workshops are also available on a regular basis.

For more information, please visit our Toronto International Certification Center at stottpilates.com/education/toronto, our Tribeca Corporate Training Center at stottpilates.com/tribeca or our newest Corporate Training Center in Denver at stottpilates.com/denver

#### **Licensed Training Centers**

STOTT PILATES has an extended family of Licensed Training Centers that have been carefully selected to deliver our elite training. Licensed facilities are staffed by Certified Instructor Trainers who teach the STOTT PILATES curriculum exclusively on our precision equipment. Licensed Training Centers adhere to standards of operation that ensure consistent delivery of our programs and services.

To learn more about becoming a Licensed Training Center, email us at education@stottpilates.com

For a full list of Licensed Training Centers, visit our website: stottpilates.com/education/centers

#### On-Site Hosted Facilities Worldwide

Select courses and workshops are available at a variety of Hosting Facilities internationally. Certified Instructor Trainers travel to these locations to offer our Intensive and Group SPX curriculum, plus introductory workshops and continuing education on STOTT PILATES equipment.

For a list of upcoming hosted courses, visit stottpilates.com/education/hostcenters To become a Hosting Facility, visit stottpilates.com/education/hosting or contact fullsolutions@stottpilates.com

#### **Industry Trade Events**

STOTT PILATES participates and offers workshops at many trade shows, events and conferences worldwide each year. For information, please visit stottpilates.com/events

#### How to contact us

For general education inquiries or to have an information package and/or course applications mailed to you:

For Education: email education@stottpilates.com
For Certification courses: email courses@stottpilates.com
For Continuing Education workshops: email cecs@stottpilates.com

Or call:

Toll-free in North America: 1-800-910-0001 ext. 261 Toll-free UK: 0800-328-5676 ext. 261

