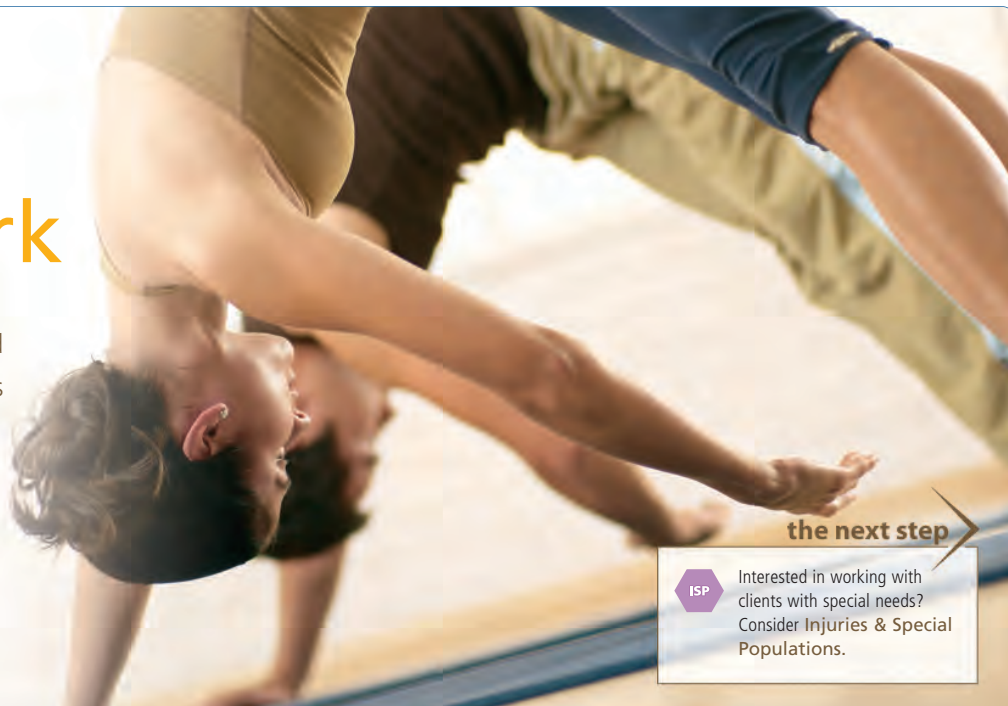


STOTT PILATES®

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:

IMP or CMR or

Equipment Presented:

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

Required Course Materials:

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

Recommended Materials:

- ▶ DVDs: *Complete Barrel Repertoire; Intense Sculpting Challenge; Stability Ball Challenge; Superior Balance; Foam Roller Challenge; Pilates for Men; Intermediate Pilates Edge; Extreme Pilates, Strength & Agility on the Mat; Intense Body Blast: Pilates Interval Training, Level 3*

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 RM 1,000
course package materials RM 250

- 5% OFF course fee if registered together with IMP

CECs:

0.6 STOTT PILATES

Upcoming Training Schedule

~ Please refer to training schedule @ www.pilatique.com/training.html

Courses are limited to 12 participants.

For more information and to register

please contact: Steven Khoo
tel: +6012 235 3635; email: steven@pilatique.com; www.pilatique.com

STOTT PILATES™ Licensed Training Center, Malaysia

Pilatique Pilates & Physiotherapy Studio
8-2a and 10a Jalan Batai, Damansara Heights, 50490 Kuala Lumpur, Malaysia

pilatique®

physiotherapy | pilates | education