

STOTT PILATES®



Intensive Cadillac, Chair & Barrels

This course is the next step in enhancing exercise repertoire after a foundation in Matwork and Reformer programming has been established. Learn how to challenge clients to reach their conditioning goals, diversify programming and build workouts with impact with an abundance of new material.

ICCB prepares you to teach Level 1 (Essential and Intermediate) exercises on the Cadillac, Stability Chair™ and 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.

Instructors Learn:

- ▶ Effective use of the equipment to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop dynamic programs in a full studio environment
- ▶ Essential, Intermediate, 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
- ▶ Exercise layering related to effective program design
- ▶ 286 exercises plus multiple modifications

Prerequisites:



Equipment Presented:

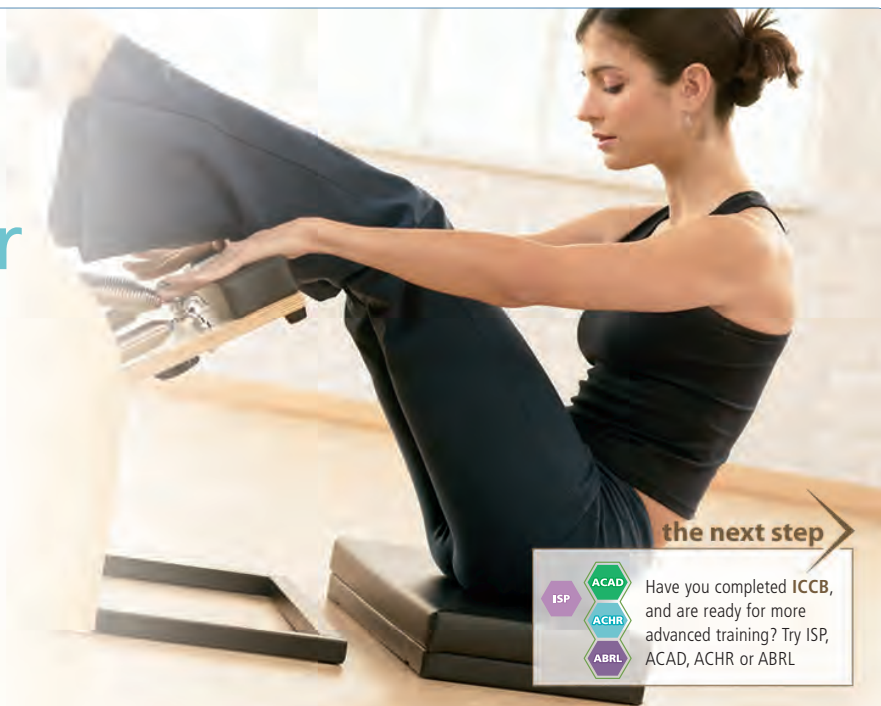
- ▶ Cadillac Trapeze Table
- ▶ Split-Pedal Stability Chair
- ▶ Ladder Barrel
- ▶ Spine Corrector
- ▶ Arc Barrel
- ▶ Reformer Box
- ▶ Padded Platform Extender
- ▶ Rotational Disks
- ▶ Mini Stability Ball™
- ▶ Foam Cushions A & C
- ▶ Eco-Friendly Pilates Pad
- ▶ Maple Pole

Required Course Materials:

- ▶ 6 manuals: *Essential Cadillac*; *Intermediate/Advanced Cadillac*; *Complete Stability Chair*; *Complete Arc Barrel*; *Complete Ladder Barrel*; *Complete Spine Corrector*
- ▶ 4 DVDs: *Essential Cadillac, 2nd Ed*; *Intermediate Cadillac, 2nd Ed*; *Essential & Intermediate Stability Chair, 2nd Ed*; *Complete Barrel Repertoire*

Recommended Materials:

- ▶ DVDs: *Advanced Cadillac, 2nd Ed*; *Advanced Stability Chair, 2nd Ed*; *V2 Max Plus Programming*; *Group Stability Chair*; *Athletic Conditioning on the Stability Chair, Levels 1 & 2*; *Arc Barrel Challenge, Flex & Extend*; *Rotational Disks*



the next step



Have you completed ICCB, and are ready for more advanced training? Try ISP, ACAD, ACHR or ABRL

Duration:

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

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

Certification:

After successful completion of this course and Matwork and Reformer training, students may certify in Intensive Cadillac, Chair & Barrels, Level 1 by taking both 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 and all exams are cumulative.

pilatique®

physiotherapy | pilates | education

Cost for Students

ICCB – 50 hours

cost per person
course package materials

RM 7,000
RM 2,700

includes, for 3 months after last day of training,

- FREE studio access (by appointment) to complete exam requirement hours
- 10% OFF Private Session Packages
- 25% OFF Group Class Packages

CECs:

5.0 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

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STOTT PILATES™ Licensed Training Center, Malaysia

Pilatique Pilates & Physiotherapy Studio

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