

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:



#### 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 NZ\$550 (incl. GST & course materials)

\* A 20% deposit is required at time of registration to secure enrolment on the course

\* Balance of payment is due 24 September 2016

\* Promo: Register on both the STOTT PILATES Intensive Matwork Plus Course (Level 1) & the STOTT PILATES Advanced Matwork course (Level 2) in October 2016 & save NZ\$150.00

\* Courses are limited to 12 participants

\* Pre-requisite: completion of STOTT PILATES Intensive Matwork Plus course

##### CECs:

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##### Upcoming Training Schedule:

Date: Sunday 23 October 2016

Time: 9.00am-4.00pm (6 hour course + 1 hour break)

##### For more information and to register contact:

**Core Pilates by Sharon Currie**

New Zealand STOTT PILATES Licensed Training Centre

Contact info@corepilates.co.nz / 021623066 / www.corepilates.co.nz

Venue Bodyneed Sports Clinic, Ponsonby, Central AUCKLAND