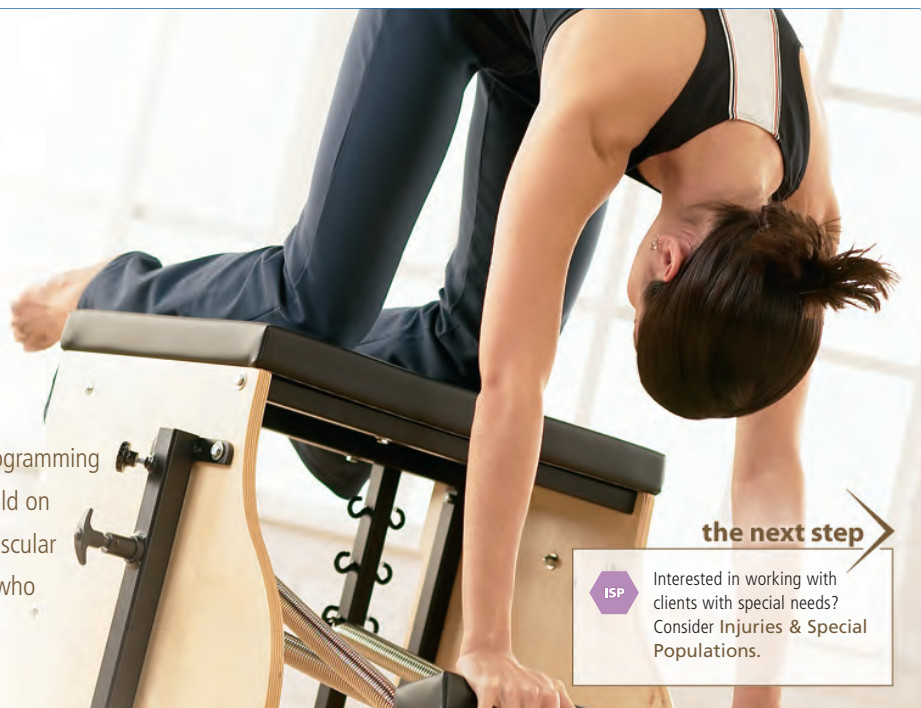


STOTT PILATES®



Advanced Cadillac, Chair & Barrels

The addition of the Advanced repertoire for the Cadillac, Split-Pedal Stability Chair™ and Barrels offers extensive programming possibilities in a full studio setting. Exercises presented build on mobility, flexibility and stability while challenging neuromuscular coordination and control for extremely fit clients or those who participate in high-level activities



the next step

ISP

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

ACCB prepares you to teach Advanced-level exercises using the Cadillac Trapeze Table, Stability Chair™ and Barrels in a personal training and group setting for the highly conditioned client. Learn a variety of modifications and variations to expand programming options and fine-tune circuit training classes to meet a variety of clients' goals.

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
- 56 exercises plus multiple variations

Prerequisites:



Equipment Presented:

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

Required Course Materials:

- 5 manuals: *Intermediate/Advanced Cadillac*; *Complete Stability Chair*; *Complete Arc Barrel*; *Complete Ladder Barrel*; *Complete Spine Corrector* (may have already been purchased for ICHR, ICAD, IBRL)
- 3 DVDs: *Advanced Cadillac, 2nd Ed*; *Advanced Stability Chair, 2nd Ed*; *Complete Barrel Repertoire* (may have already been purchased for IBRL)

Duration:

- 12 hours

Certification:

Completion of all three modules of the Advanced Cadillac, Chair & Barrels course is required to be eligible for certification. Upon successful completion of both Levels 1 & 2 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

ACCB – 12 hours

cost per person
course package materials

RM 2,500
RM 550

- 5% OFF course fee if registered together with ICCB

CECs:

1.2 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