

# STOTT PILATES®

## IMP Intensive Mat-Plus™

Every Pilates program begins with a strong foundation in Matwork. This STOTT PILATES® course helps build repertoire from the ground up and teach clients body awareness before moving on to spring-resistance equipment. Learn countless modifications, how to cue for smooth transitions and incorporate fitness accessories into Matwork-based programming.

IMP provides the solid foundation needed to develop effective and motivating personal training and group programs. Learn to design and teach Level 1 (Essential & Intermediate) Matwork repertoire, integrating light equipment to meet the needs of clients.

### Instructors Learn:

- Workout composition for personal and group training
- Essential, Intermediate, Power workouts
- Flex-Band®, Fitness Circle® and Arc Barrel 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
- How to incorporate resistance equipment to support and intensify exercises
- Theory and practice of postural analysis
- Exercise layering related to effective program design
- 63 exercises plus multiple modifications

### Prerequisites:

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

### Equipment Presented:

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

### Required Course Materials:

- 2 manuals: *Comprehensive Matwork; Matwork & Reformer Support Material*
- 4 DVDs: *Essential Matwork, 3rd Ed; Intermediate Matwork, 3rd Ed; Sculpt & Tone; Fitness Circle Challenge*

### Recommended Materials:

- 10 DVDs: *Complete Barrel Repertoire; Advanced Matwork, 3rd Ed; Power Paced Fitness Circle; Total Body Sculpting; Ultimate Body Sculpting; Pilates on a Roll; Pilates with Props, Volume 1; Pilates with Props, Volume 2; Toning Ball Workout; Rotational Disks*

### Duration:

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

- Observation – minimum 10 hours
- Practice teaching – minimum 15 hours
- Physical review – minimum 30 hours

### CECs:

- 4.0 STOTT PILATES, 4.0 ACE, 4.0 CFP

### Certification:

Upon successful completion of the course, students may certify in STOTT PILATES Matwork, Level 1 by taking both a written and practical exam. Exams must be taken within six months of completion of the last course. Please note there is a fee associated with the exam and all exams are cumulative.

### Cost for Students

#### IMP – 40 hours

Cost Per Person	\$1,120
Course Materials	\$205
Deposit Required	\$200
Final Payment	January 3, 2014
10% off if you register before December 3, 2013.	
Save additionally by taking IMP and IR. Please inquire.	

#### Upcoming Training Schedule

January 10-12, January 24-26, February 7-8  
Fridays 12pm-5:30pm  
Saturdays 12pm-5:30pm  
Sundays 9am-2:30pm

Courses are limited to 12 participants.

#### For more information and to register contact

Patrick Przyborowski Email [pprzyborowski@gmail.com](mailto:pprzyborowski@gmail.com)  
Phone 937-609-4170

#### Practice Fitness

5575 Far Hills Avenue, Dayton, OH, 45429

the next step

Interested in expanding your repertoire? Try IR, AM or ISP, or enhance group training with XMG or GR.