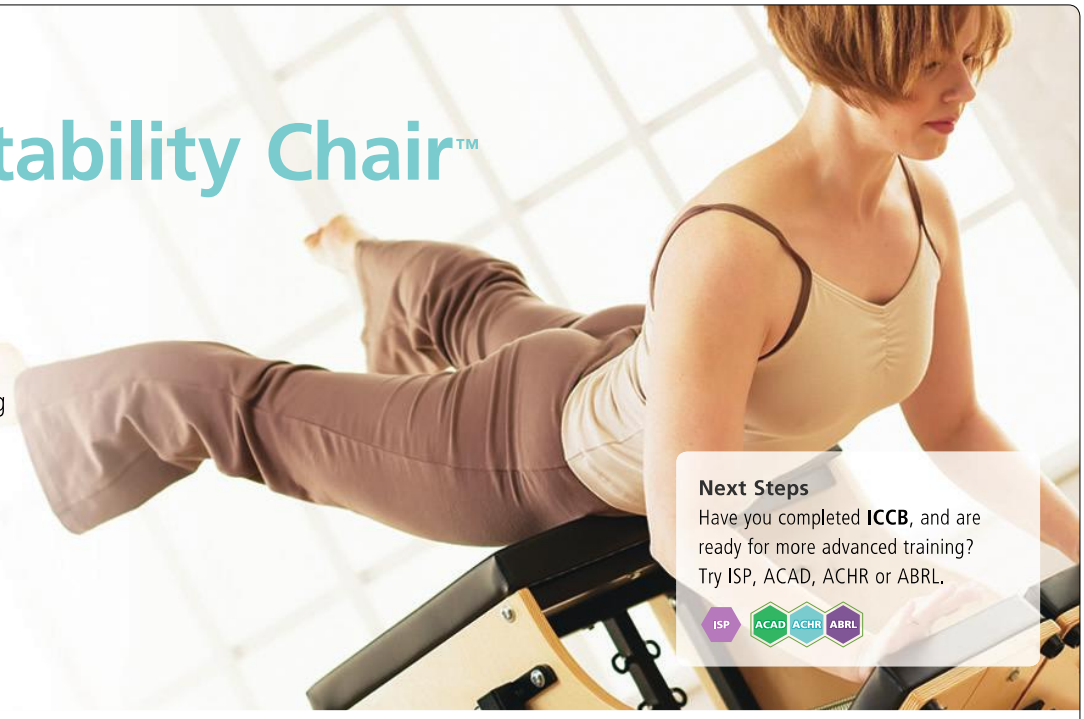
STOTT PILATES®

Intensive Stability Chair™

ICHR

This course builds on the foundations developed in Matwork and Reformer, to elevate teaching skills and programming options. Learn how this versatile piece of equipment can provide specialized choices for all clients and groups.



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

ISP ACAD ACHR ABRL

ICHR prepares you to teach Level 1 (Essential and Intermediate) exercises on the Stability Chair. Learn to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 63 exercises on the Stability Chair.

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
- Variations specific to the Split-Pedal Stability Chair

Prerequisites

IMP or IR or CMR

Equipment Presented

- Split-Pedal Stability Chair
- Padded Platform Extender
- Reformer Box
- Floor Mat
- Foam Cushions A & C
- Eco-Friendly Pilates Pad

Required Course Materials

- 1 manual: *Complete Stability Chair*
- 1 DVD: *Essential & Intermediate Stability Chair, 2nd Ed*

Recommended Materials

- DVDs: *Advanced Stability Chair; Group Stability Chair; Athletic Conditioning on the Stability Chair, Levels 1 & 2*

Duration

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

- Observation – minimum 5 hours
- Practice teaching – minimum 10 hours
- Physical review – minimum 10 hours

Certification

The Intensive Cadillac, Chair & Barrels course has been restructured into three separate modules. Completion of all three modules as well as Matwork and Reformer is required to be eligible for certification. Students may certify in CCB, Level 1 by taking both a written and practical exam. Please note there is a fee associated with the exam and all exams are cumulative.

Cost for Students

ICHR – 15 hours

Cost per person	£ 620.00
Manual and Digital Videos/DVD	£ 105.00

CEC's:
1.5 STOTT PILATES

Training Schedule

Friday 7th February 2025	13:30-19:00
Saturday 8th February 2025	09:30-15:00
Sunday 9th February 2025	09:30-15:00

For course details please visit:

https://principlepilates.com

2200 Yonge Street, Suite 500, Toronto, Ontario, Canada M4S 2C6
416.482.4050 | 1.800.910.0001 | 0800.328.5676 (UK) **merrithew.com**

merrithew™

MSC-1011 TM/® Trademark or registered trademark of Merrithew Corporation, used under license.