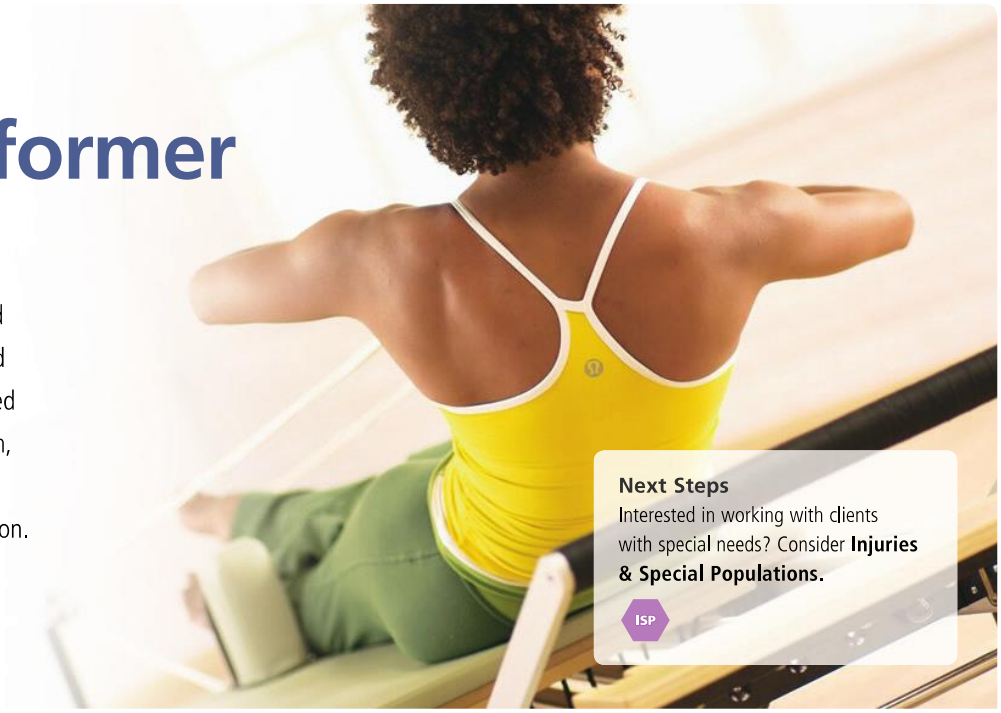
STOTT PILATES®

Advanced Reformer

AR

Learn to use the various Reformer components and accessories to intensify the Reformer repertoire and provide a stimulating workout for highly conditioned clients. Exercises presented require greater strength, stability and flexibility. Learn 70 new exercises and exercise variations to increase challenge and function.



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

ISP

This course teaches how to design and instruct Level 2 (Advanced) Reformer workouts in personal or group training settings for a range of clients.

Instructors Learn

- Effective use of the Reformer to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- 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
- 70 exercises and modifications

Prerequisites

IR or CMR

Equipment Presented

- Reformer
- Foam-Grip Handles
- Mini Stability Ball™
- Reformer Box
- Foam Cushions A & C
- Maple Pole
- Padded Platform Extender
- Eco-Friendly Pilates Pad

Required Course Materials

- 1 manual: *Advanced Reformer*
- 1 DVD: *Advanced Reformer, 2nd Ed*

Recommended Materials

- DVDs: *Athletic Conditioning on the Reformer; Athletic Conditioning on the Reformer, Levels 3 & 4; Athletic Conditioning on the V2 Max Plus, Levels 1 & 2*

Duration

- 18 hours

Certification

Upon successful completion of both Levels 1 & 2 training*, students may certify in STOTT PILATES Reformer, Level 2 by taking a written and practical exam. Exams must be taken within six months of completion of the last course. 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

Cost per person:	£695 Early Bird (book by end March 2025)
	£775 Booked April 2025 onwards
Course materials:	£85 Manual only
Notes:	Deposit of £230 secures place

CECs: 1.8

Training Schedule

Total Hours:	18	
Date(s):	17-19th October 2025	
Time(s):	Friday 17th October	12:30-19:00
	All other days	09.30-16.00

Courses are limited to 12 participants.

For more information contact chrissy@principlepilates.com or checkout our website: www.principlepilates.com

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