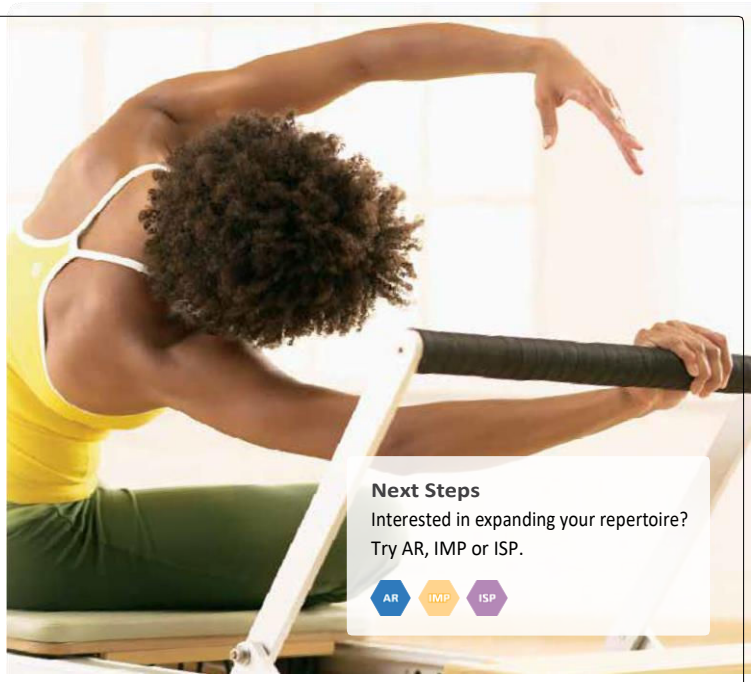
STOTT PILATES

Intensive Reformer

IR

The Reformer is the most popular piece of equipment in Pilates. Learn how to use this highly versatile tool to program and instruct personal training and group classes with confidence using hundreds of spring-resistance exercises.



This course teaches how to design and instruct Level 1 (Essential and Intermediate) Reformer workouts in a personal training and group setting for a range of clients. Learn a variety of modifications and variations to expand programming options.

Instructors Learn

- Effective use of the Reformer to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- How to develop programs for personal and group classes
- Essential, Intermediate and Power 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
- Theory and practice of postural analysis
- Exercise layering for effective program design
- 122 exercises plus multiple modifications

Prerequisites

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

* Applicants with a strong of history of Pilates participation and/or experience instructing students/ clients in another field may also be considered

Equipment Presented

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

Required Course Materials

- 3 manuals: *Essential Reformer, 2nd Ed; Intermediate Reformer, 2nd Ed; Matwork & Reformer Support Material* (may have already been purchased for IMP)
- 2 DVDs: *Essential Reformer, 3rd Ed; Intermediate Reformer, 2nd Ed*

Recommended Materials

- DVDs: *Group Reformer Workout; Reformer Workout for Men; Athletic Conditioning on the Reformer, Levels 1 & 2; Rotational Disks; Golf Conditioning on the Reformer; Jumpboard Interval Training; Power & Agility, Reformer Intervals on the Cardio-Tramp; Intensive Reformer Challenge with Platform & Pole; Pilates Reformer Challenge with Fitness Circle; Strength & Conditioning on the Jumpboard & Reformer; Athletic Conditioning on the Cardio-Tramp & Reformer; Athletic Conditioning on the V2 Max Plus, Levels 1 & 2*

Duration

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

- Observation – minimum 10 hours
- Practice teaching – minimum 25 hours
- Physical review – minimum 40 hours

Certification

Upon successful completion of the course, students may certify in STOTT PILATES Reformer, 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:

Cost per person: £1,890.00

Course materials: Digital content £197.00

Manuals Only £120

£27.50 for IMP/IR Support Manual if req'd

CECs: 5

Schedule:

Date(s): 10 Days in total

6th-8th February 2026
27th February-1st March 2026
6th-7th March 2026
21st-22nd March 2026

Time(s): Fridays 13.30-19.00
All other days 09.30-15.00

Course is limited to 12 participants.

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

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