

# Advanced Reformer



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.

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

- w Effective use of the Reformer to enhance torso stability and strength, peripheral conditioning, joint stability, flexibility, balance and coordination
- w Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- w Modifications for specific body types, postural issues and conditions
- w Muscular initiation and sequencing of Advanced-level exercises
- w Multiple variations for variety and intensity
- w 70 exercises and modifications

### Prerequisites



or

### Equipment Presented

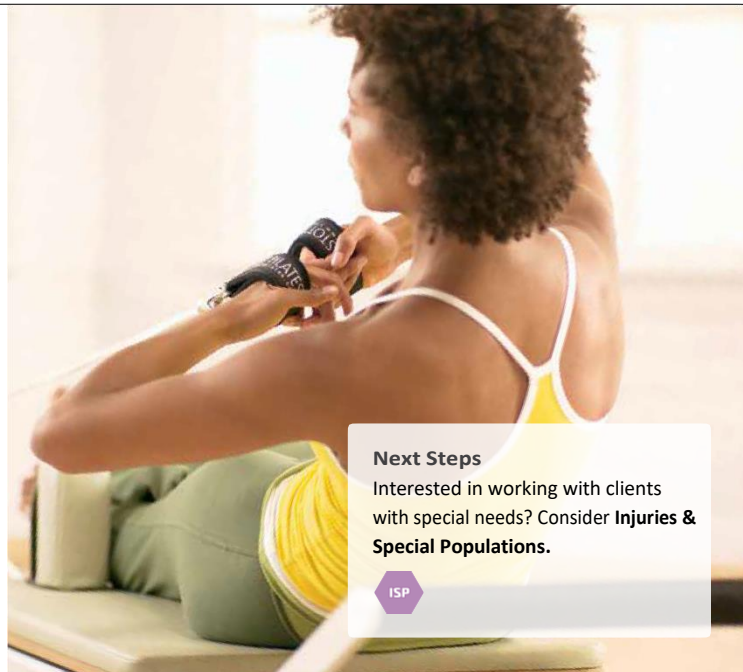
- w Reformer
- w Reformer Box
- w Padded Platform Extender
- w Foam-Grip Handles
- w Foam Cushions A & C
- w Eco-Friendly Pilates Pad
- w Mini Stability Ball™
- w Maple Pole

### Required Course Materials

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

### Recommended Materials

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



### Next Steps

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



### Duration

w 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: £ 555

Course materials: £ 105

Notes: \_\_\_\_\_

CECs: 1.8

### Upcoming Training Schedule

Date(s): Fri – Sunday 15 – 17 May 2020

Time(s): Fri 12.00 - 18.30 Sat/Sun 09.30 – 16.00

Notes: Please bring a packed lunch

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Courses are limited to 12 participants.

**For more information and to register visit our website:**

[www.oxfordshirepilates.co.uk](http://www.oxfordshirepilates.co.uk) and follow the instructions.