

Advanced Barrels



The addition of Barrels in the Advanced repertoire offers extensive programming possibilities in a full studio setting. For extremely fit clients or those looking for an additional challenge, this course will provide the exercise diversity required.

ABRL equips you with 14 Advanced-level exercises plus modifications using the Ladder Barrel, Spine Corrector and Arc Barrel for the highly conditioned client.

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

Prerequisites



Equipment Presented

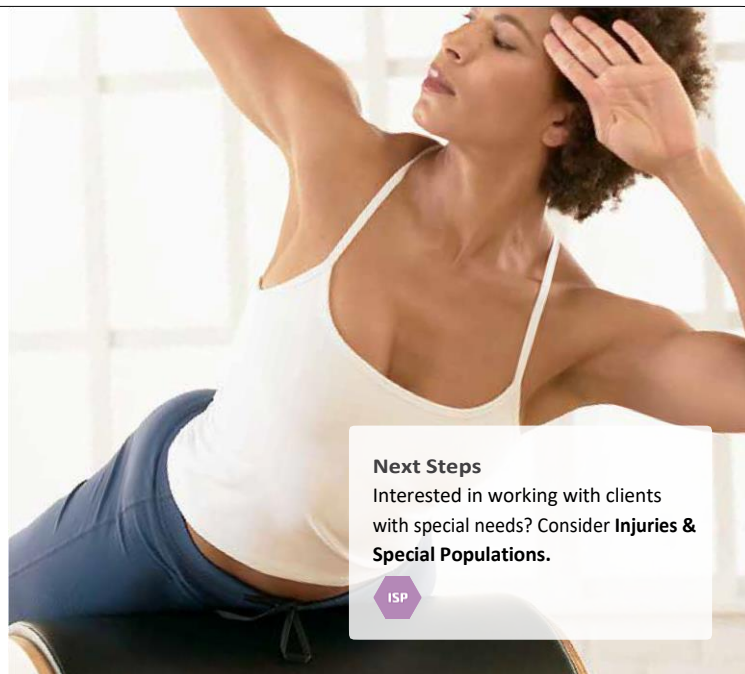
- Ladder Barrel
- Spine Corrector
- Arc Barrel
- Padded Platform Extender
- Foam Cushions A & C
- Eco-Friendly Pilates Pad
- Mini Stability Ball™
- Maple Pole
- Floor Mat

Required Course Materials

- 3 manuals: *Complete Arc Barrel*; *Complete Ladder Barrel*; *Complete Spine Corrector* (may have already been purchased for IBRL)
- 1 DVD: *Complete Barrel Repertoire* (may have already been purchased for IBRL)

Duration

- 3 hours



Next Steps

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



Certification

The Advanced Cadillac, Chair & Barrels course is comprised of three separate modules. Completion of all three modules is required to be eligible for certification. Upon completion of Level 1 training*, students may certify in CCB, Level 2 by taking a written and practical exam. Please note there is a fee associated with the exam and all exams are cumulative.

*If Level 1 certification has already been achieved, only a practical exam is required.

Cost for Students

Cost per person: £ 140.00

Course materials: Check you have materials as listed to the left of the Page – if not contact nick.cunningham@merrithew.com

Notes:

CECs: 0.3

Upcoming Training Schedule

Date(s): Sunday 21 April 2024

Time(s): 09.00 – 12.00 hrs

Notes:

Courses are limited to 12 participants.

For more information and to register, go to our website:

www.oxfordshirepilates.co.uk

Please complete the application form and ensure you make the deposit payment to secure your place.