

STOTT PILATES™

# Advanced Stability Chair™



The Advanced Split-Pedal Stability Chair™ course offers increased programming options in a full studio setting. Exercises presented build on mobility, flexibility and stability while challenging neuromuscular coordination and control.

ACHR presents 14 Advanced-level exercises plus modifications using the Stability Chair 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

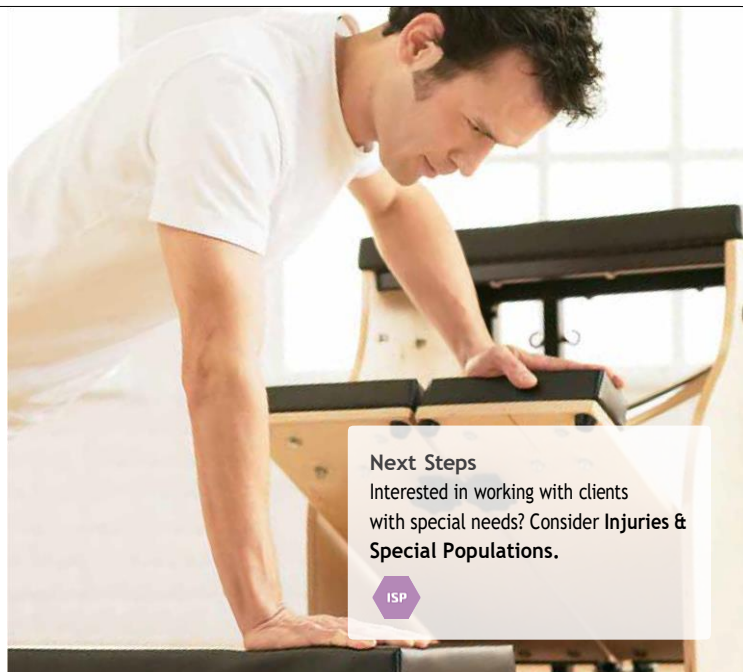
- † Split-Pedal Stability Chair
- † Reformer Box
- † Foam Cushions A & C
- † Padded Platform Extender
- † Eco-Friendly Pilates Pad
- † Floor Mat

## Required Course Materials

- † 1 manual: *Complete Stability Chair* (may have already been purchased for ICHR)
- † 1 DVD: *Advanced Stability Chair, 2nd Ed*

## 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 the materials as listed to the left of the page

Notes: If not, contact [nick.cunningham@merrithew.com](mailto:nick.cunningham@merrithew.com)

CECs: 0.3

## Upcoming Training Schedule

Date(s): Sunday 21 April 2024

Time(s): 12.30 - 15.30 hrs

Notes:

Courses are limited to 12 participants.

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

[www.oxfordshirepilates.co.uk](http://www.oxfordshirepilates.co.uk)

Please complete the application form and ensure you make

The deposit payment to secure your place.