

STOTT PILATES™

# Intensive Stability Chair™

ICHR

This course builds on the foundations developed in Matwork and Reformer, to elevate teaching skills and programming options. Learn how this versatile piece of equipment can provide specialized choices for all clients and groups.

## Next Steps

Have you completed **ICCB**, and are ready for more advanced training? Try ISP, ACAD, ACHR or ABRL.



ICHR prepares you to teach Level 1 (Essential and Intermediate) exercises on the Stability Chair. Learn to fine-tune personal and circuit training programs to meet a variety of clients' conditioning goals with 63 exercises on the Stability Chair.

## 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
- ▶ Variations specific to the Split-Pedal Stability Chair

## Prerequisites



## Equipment Presented

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

## Required Course Materials

- ▶ 1 manual: *Complete Stability Chair*
- ▶ 1 DVD: *Essential & Intermediate Stability Chair, 2nd Ed*

## Recommended Materials

- ▶ DVDs: *Advanced Stability Chair*; *Group Stability Chair*; *Athletic Conditioning on the Stability Chair, Levels 1 & 2*

## Duration

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

- ▶ Observation – minimum 5 hours
- ▶ Practice teaching – minimum 10 hours
- ▶ Physical review – minimum 10 hours

## Certification

The Intensive Cadillac, Chair & Barrels course has been restructured into three separate modules. Completion of all three modules as well as Matwork and Reformer is required to be eligible for certification. Students may certify in CCB, Level 1 by taking both a written and practical exam. Please note there is a fee associated with the exam and all exams are cumulative.

## Cost for Students

### ICHR – 15 hours

Cost per person £ 625.00

Course materials please purchase direct from  
[nick.cunningham@merrithew.com](mailto:nick.cunningham@merrithew.com)

### CEC's:

1.5 STOTT PILATES

## Training Schedule

Friday-Sunday 17-19 October 2025

Courses are limited to 12 participants

Please bring packed lunches

For full detailed information & forms visit:

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