

Advanced Matwork

AM

This one-day course progresses to more advanced material, providing further options and challenges on the Mat for highly conditioned clients. Exercises included require a high degree of strength, balance and coordination.

AM expands the foundation and skills needed to develop effective and motivating group and personal training programs. Learn to design and teach the Level 2 (Advanced) Matwork repertoire, integrating light equipment to add variety and meet the specific needs of every client.

Instructors Learn

- w Flex-Band*, Fitness Circle* and Arc Barrel modifications, how to incorporate resistance equipment to support and intensify exercises
- 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 13 exercises plus modifications

Prerequisites

IMP or CMR

Equipment Presented

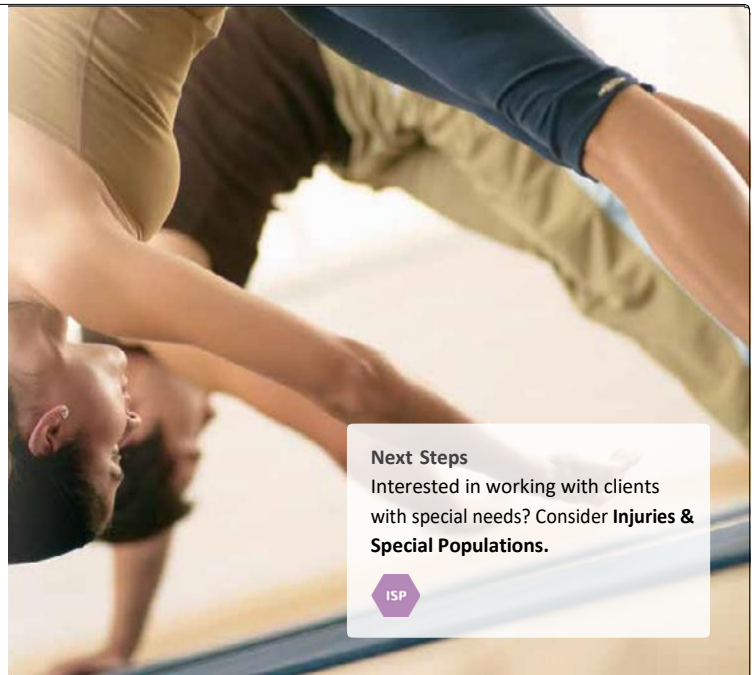
- w Floor Mat
- w Flex-Band exerciser
- w Foam Cushions A & C
- w Arc Barrel
- w Fitness Circle resistance ring
- w Mini Stability Ball*
- w Eco-Friendly Pilates Pad

Required Course Materials

- w 1 manual: *Comprehensive Matwork* (may have already been purchased for IMP)
- w 1 DVD: *Advanced Matwork, 3rd Ed*

Recommended Materials

- w DVDs: *Complete Barrel Repertoire; Intense Sculpting Challenge; Stability Ball Challenge; Superior Balance; Foam Roller Challenge; Pilates for Men; Intermediate Pilates Edge; Extreme Pilates, Strength & Agility on the Mat; Intense Body Blast: Pilates Interval Training, Level 3*



Next Steps

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



Duration

w 6 hours

Certification

Upon successful completion of both Levels 1 & 2 training*, students may certify in STOTT PILATES Matwork, Level 2 by taking a written and practical exam. Exams must be taken within six months of completing the last course. Please 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: £ 260.00

Course materials: purchase direct from Nick Cunningham

Notes: nick.cunningham@merrithew.com

CECs: 0.6

Upcoming Training Schedule

Date(s): Sunday 06 September 2026

Time(s): 09.30 – 16.30 hrs (6 hours)

Notes: Please bring a packed lunch

For more information and to register go to our website:

www.oxfordshirepilates.co.uk and follow the instructions.