

STOTT PILATES®

Intensive Reformer 2nd Edition

Course – Essential & Intermediate

Student Homework & Study Guide

Pre-Course Preparation

In order to be ready to learn the material, pre-course preparation is required. This consists of watching selected video programs and can be completed any time before Day 1 of the course. This preparation gives the students some insight into the organization, the breadth of our training, and provides a complete picture of where it can take them. It also gives more information about the props and light equipment they were required to purchase to support their training.

The pre-course preparation videos include the following:

- ▶ *STOTT PILATES® Principles*
(included in the *STOTT PILATES Intensive Reformer Course Package* (DVDs or digital videos).
- ▶ *Merrithew® Professional vs. At Home Reformers*
- ▶ *Overview, Safety & Usage of the Merrithew® Professional Reformers & Accessories*

As well as the following Merrithew overviews:

- ▶ *STOTT PILATES® Education Overview*
- ▶ *Merrithew® Equipment Overview*
- ▶ *SPX® Reformer At Home & Elevated Overview, Safety & Usage*
- ▶ *Safety & Usage of the Merrithew® SPX & V2 Max Plus™ Reformer's Vertical Frame*
- ▶ *Overview & Usage of the Merrithew® Reformer Accessory Boards*
- ▶ *Fitness Circle® Resistance Rings: Overview*
- ▶ *Merrithew® Flex-Band® Exerciser*
- ▶ *Merrithew® Mini Stability Balls™*
- ▶ *Foam Cushions & Eco-Friendly Pilates Pad: Overview*
- ▶ *STOTT PILATES® Rehab Education Overview*
- ▶ *Total Barre® Program Overview*
- ▶ *Halo® Training Program Overview*
- ▶ *ZEN•GA® Program Overview*
- ▶ *Merrithew® Fascial Movement Education Overview*
- ▶ *CORE™ Program Overview*

Course Schedule

The 5-hour Intensive Reformer [IR] 2nd Ed. Course is divided into 10 days of 5 hours each.

Introduction

The 5-hour Intensive Reformer [IR] 2nd Ed. is designed to teach existing fitness Instructors and others with the prerequisite training how to program and instruct clients successfully the STOTT PILATES Essential and Intermediate Reformer repertoire. This Homework & Study Guide is used alongside your course and is an instrumental resource for you to prepare for your STOTT PILATES examination in Reformer.

note to students: *Physical review of the Reformer material is very important to ensure full understanding within your own body first, before attempting to teach someone else. It is also very important to ensure your body is prepared for the increased challenge at each level of repertoire as you move through your STOTT PILATES Instructor Training.*

Relevant hours completed as part of your Homework will count towards the required Observation, Practice Teaching & Physical Review hours as preparation for your exam.

Requirements of certification:

- ▶ 50 hours of instruction and supervised teaching
- ▶ Minimum of 10 hours of observation
- ▶ Minimum of 40 hours of physical review
- ▶ Minimum of 25 hours of practice teaching
- ▶ Total: 125 hours

Observation

Observation hours can be logged during or after a STOTT PILATES course and can be accrued by watching a STOTT PILATES Certified Instructor/Instructor Trainer teach clients (in-person or online), as well as observing the relevant course videos on DVD or through Merrithew Connect™. Please ensure you receive permission from the Merrithew Training Center and/or presenting Instructor well in advance, if you are observing in person.

Physical Review

Physical Review hours means physically performing the exercises learned in class. Taking a class with a STOTT PILATES Certified Instructor/Instructor Trainer or working out with relevant course videos on DVD or through Merrithew Connect can qualify as physical review hours, and can be completed individually or with other students.

You can participate in an online Pilates session or join an online group Pilates class that teaches STOTT PILATES repertoire with a STOTT PILATES Certified Instructor/Instructor Trainer. You can also attend a Merrithew Online Workshop (offered by Merrithew Training Centers worldwide or the Corporate Training Center).

Practice Teaching

Practice Teaching hours can be fulfilled by teaching STOTT PILATES course repertoire to family, fellow students, friends or clients, cueing and correcting them through a workout. Practice Teaching can be done in-person or by using a video conferencing pro-gram, such as Skype or Zoom.

STOTT PILATES® INTENSIVE REFORMER 2ND ED STUDY GUIDE, 5 HOUR CONT'D

This study guide is broken down into areas of focus. These include.

These include:

- 1. Video Prep.** This should be done before the next day's class in order to prepare you for the material that being covered.
- 2. Video Review.** This should be done between classes as a review of the material that was previously taught.
- 3. Session Focus.** This gives you an idea of the focus of that day's class. As you work through the material, you will be able to identify any areas that need further review or clarification.
- 4. Homework Questions.** These questions are designed to ensure you have a clear understanding of the material that is being covered.

Required materials for the course:

MANUALS:

- ▶ *Essential Reformer Manual*
- ▶ *Intermediate Reformer Manual*
- ▶ *Matwork & Reformer Support Materials Book*

STOTT PILATES® VIDEOS:

- ▶ *Principles (included in both Essential & Intermediate Reformer Repertoire 4th Ed.)*
- ▶ *Essential Reformer Repertoire, 4th Ed.*
- ▶ *Essential Reformer Express Workout: 45 minutes*
- ▶ *Intermediate Reformer Repertoire, 3rd Ed.*
- ▶ *Intermediate Reformer Express Workout 1: 55 minutes*
- ▶ *Intermediate Reformer Express Workout 2: 60 minutes*

Pre-Course Preparation

In order to be ready to learn the material, pre-course preparation is required. This consists of watching selected video programs and can be completed any time before Day 1 of the course. The goal of this preparation is to give you some insight into the organization, the breadth of the training, and provides a complete picture of where the training you are starting can take you. It also gives more information about the props and light equipment that are used to support the training.

Pre-course preparation videos include the following:

- ▶ *STOTT PILATES® Principles*
included in both the STOTT PILATES Intensive Reformer Course Package: DVDs or digital videos
as well as the following Merrithew overview videos:
- ▶ *Merrithew® Professional vs At Home Reformers*
- ▶ *Overview, Safety & Usage of the Merrithew® Professional Reformers & Accessories*
- ▶ *Cleaning Your Roller Rails for Optimal Performance and Longevity*
- ▶ *STOTT PILATES® Education Overview*
- ▶ *Merrithew® Equipment Overview*
- ▶ *Overview of the Merrithew® SPX® & V2 Max Plus™ Reformers' Vertical Frame*
- ▶ *Safety & Usage of the Merrithew® SPX® & V2 Max Plus Reformers' Vertical Frame*
- ▶ *Mini Stability Balls™*
- ▶ *Foam Cushions & Eco-Friendly Pilates Pad Overview*
- ▶ *STOTT PILATES® Rehab Education Overview*
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- ▶ *CORE™ Program Overview*

Session 1

Session Focus: Introduction & Orientation; Detailed explanation of the STOTT PILATES Principles; Practice Teaching of STOTT PILATES Principles.

Homework

Video Review:

STOTT PILATES Principles

- Review and physically practice the Principles as they were taught in the session, using the video as a guide.
Repeat the video as often as possible to experience the movements and the details in your own body.
As you work through the Principles video take note of Anatomical Terms and Major Muscle Groups mentioned as listed in the Support Materials Book.

Video Prep:

STOTT PILATES Essential Reformer Express Workout 1

- Watch this video taking note of how the Principles are incorporated and explained

SPX Reformer At Home & Elevated Overview, Safety & Usage

- Watch this video and become familiar with the Reformer

Homework Assignment:

- Read the Starting Positions page in the Essential Reformer Manual to review when and how starting positions may be modified to decrease unwanted tension.

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 1:

Session 2

Session Focus: Reformer Introduction; Postural Theory; Principle Exercises; New Essential Exercises.

Homework

Video Review:

STOTT PILATES Essential Reformer Express Workout 1

- ▶ Watch this video taking note of how the Principles are incorporated and explained
- ▶ Physically review the exercises if you have an access to the Reformer

STOTT PILATES Principles

- ▶ Review and physically practice the Principles as they were taught in the session, using the video as a guide.
- ▶ Repeat the video as often as possible to experience the movements and the details in your own body. These are the foundation of the STOTT PILATES Movement System.
- ▶ As you work through the Principles video take note of Anatomical Terms and Major Muscle Groups mentioned as listed in the Support Materials Book.

Homework Assignment:

- ▶ Complete Homework Assignment 1 from the Support Materials Book
- ▶ Prepare for a Round Robin Review

note: This is not a test but an opportunity for the entire class to review, discuss and share with the aid of the Instructor Trainer, important elements within the repertoire and efficient teaching tips of the Essential-level Reformer exercises.

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 2:

Session 3

Session Focus: Discuss Assignment 1; Review Essential Exercises; New Essential Exercises; Round Robin Review.

Homework

Video Prep:

STOTT PILATES Essential Reformer Repertoire – Full Essential Workout

- ▶ Watch this video taking note of how the Principles are incorporated and explained
- ▶ Physically review the exercises if you have an access to the Reformer..

Homework Assignment:

- ▶ Complete Assignment 2 from the Support Materials Book.

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 3:

Session 4

Session Focus: Review Discuss Assignment 2; New Intermediate Exercises; Power Workout.

Homework

Video Review:

STOTT PILATES Essential Reformer Repertoire – Full Essential Workout

- ▶ Watch this video taking note
- ▶ Physically review the exercises if you have an access to the Reformer
- ▶ Prepare to take a partner through the Full Essential Reformer
- ▶ As you work through the material, write down any questions you have on how to incorporate props and modifications. This prepares you for the next class where Postural Analysis provides more clarification as to What, Why & How a modification or prop is used.

Homework Assignment:

- ▶ Review Support Materials Book sections related to Programming
- ▶ Review Support Materials Book sections related to Postural Analysis & Postural Theory

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 4:

Session 5

Session Focus: Supervised Teaching; Anatomy Review; Postural Analysis.

Homework

Video Prep:

STOTT PILATES Intermediate Reformer Express Workout 1

- ▶ Watch this video taking note
- ▶ Physically review the exercises if you have an access to the Reformer
- ▶ Make note of any questions for the next class

Homework Assignment:

- ▶ Assignment 3 from the Support Materials Book
- ▶ Fill out Training Evaluations
- ▶ Prepare any questions on all material covered thus far

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 5:

Session 6

Session Focus: Discuss Assignment 3; Programming Choices.

Homework

Video Review /Prep:

STOTT PILATES Intermediate Reformer Express Workout 1

- ▶ Watch this video taking note
- ▶ Physically review the exercises if you have an access to the Reformer
- ▶ Make note of any questions for the next class

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 6:

Session 7

Session Focus: Reformer Warm Up; New Intermediate Exercises.

Video Review / Prep:

STOTT PILATES Intermediate Reformer Express Workout 2

- ▶ Watch this video taking note including the new Intermediate exercises
- ▶ Physically review the exercises on this video if you have an access to the Reformer
- ▶ Make note of any questions for the next class

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 7:

Session 8

Session Focus: Review Intermediate Exercises; Reformer Warm Up; New Intermediate Exercises.

Homework

Video Prep:

STOTT PILATES Complete Intermediate Reformer Repertoire

- ▶ Watch this video taking note including the new Intermediate exercises
- ▶ Physically review the exercises on this video if you have an access to the Reformer
- ▶ Make note of any questions for the next class

Homework Assignment:

- ▶ Complete Assignment 4 from the Support Materials Book
- ▶ Be prepared for Round Robin Review

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 8:

Session 9

Session Focus: Discuss Assignment 4; Review Intermediate Exercises; New Intermediate Exercises; Round Robin Review.

Homework

Video Review:

STOTT PILATES Intermediate Reformer Repertoire – Full Intermediate Workout

- ▶ Watch this video taking note
- ▶ Physically review the exercises on this video if you have an access to the Reformer
- ▶ Make note of any questions for the next class

Homework Assignment:

- ▶ Complete Assignment 5 from the Support Materials Book
- ▶ Be prepared to teach the entire Intermediate Reformer workout
- ▶ Complete Training Evaluation

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 9:

Session 10

Session Focus: Discuss Assignment 5; Supervised Teaching of Full Intermediate; Group Programming & Teaching Skills; Exam Prep

TIME TAKEN: OBSERVATION:

PHYSICAL REVIEW:

NOTES FROM DAY 10: