



## **Studio Instructor Course Outline**

Studio Pilates international® offers you our highly popular and incredibly flexible modular system to become a Studio Pilates® studio certified instructor.

Our modular system breaks each Pilates machine or apparatus into its own module or short course which you can choose to do at separate times or all together in an intensive format upon request.

Our modular system means that once you complete a module, you can commence earning money by teaching the exercises that you have learnt straight away, getting you a swift return on your education investment.

This is very different to some other institutions that force you to endure years of arduous and confusing courses before you can instruct. Our aim is to make it simple and easy for you to start instructing and doing what you've always dreamt of doing.

### **Studio Instructor Modules Include:**

Studio Pilates® Matwork - \$1580

Studio Pilates® Ball, Circle, Band + Advanced Matwork - \$360

Studio Pilates® Reformer - \$1580

Studio Pilates® Advanced Reformer - \$720

Studio Pilates® Wunda Chair - \$360

Studio Pilates® Cadillac - \$720

## **Full Studio Pilates® Studio Instructor Certification Package**

# **Only \$4900 save \$420!**

This includes all Studio Instructor modules normally costing \$5320.

**Call 0402 100 334 or +61 7 3899 4555 today to secure your position.**

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# Studio Pilates® Matwork Course Outline

## Course Prerequisites:

1. Anatomy and Physiology knowledge – either a university degree such as Physiotherapy, Human Movement, or a Cert III or IV in Fitness, or completing the Studio Pilates® Anatomy Module and passing all exams.
2. Participate in a minimum of 20 hours of Pilates Matwork classes taken by an approved or Studio Pilates® licensed instructor or 20 workouts using a Studio Pilates® DVD.
3. Complete the workbook on injury, posture and review of stabilising muscles.

## This course includes 2 manuals which are included in the cost of your course, these are:

- **Body Essentials 1 Manual** – Postural assessment, stability muscles, Pilates history and basics, spinal injuries, pregnancy issues – 72 pages
- **Matwork Exercise Manual** – 75 Basic to intermediate Matwork exercises, including prerequisite for each exercise, set up, breathing and movement, cueing, corrections/common mistakes, modifications and injuries/caution - 148 pages

\*You also **receive a Studio Pilates® matwork DVD for free** valued at \$24.95 as part of this package which you can use to gain experience before your course commences.

### Matwork Course Outline:

#### Day 1 – 8 hours

- History and basic principles of Pilates
- Review of the core stabilising muscles: transversus abdominus, pelvic floor, multifidus, gluteus maximus, minimus and medius, deep hip rotators, iliacus, lower trapezius, serratus anterior and deep neck flexors
- Postural assessment and assessment of core stabilising muscle function
- Teaching correct activation of the core stabilising muscles and basic pilates principles
- Cueing formula/methods of instructing, imagery, demonstration, voice projection and variation
- Learn and practice performing and teaching basic abdominal exercises

#### Day 2 - 8 hours

- Learn and practice performing and teaching basic to intermediate abdominal, gluteal, leg and side exercises

#### Day 3 – 8 hours

- Learn and practicing performing and teaching back and shoulder exercises and stretches
- Common spinal injuries
- Pregnancy issues
- Programming and guidelines for injury rehabilitation, hard workouts, athletes, pregnancy etc

#### Day 4 – 8 hours

- How to take a large group class safely and giving different levels
- Practice teaching all of the 75 Pilates exercises again in both small groups and larger classes
- Practice doing a physical assessment on a client, then program for their specific posture and problems and take them through a workout.

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## **Studio Pilates® Ball, Circle, Band + Advanced Mat Outline**

### **Course Prerequisites:**

1. Studio Pilates® Matwork Certification (or equivalent other Matwork Certification)
2. Have taught a minimum of 25 hours of Matwork sessions/classes

### **Course includes 2 manuals which are included in the cost of your course, these are:**

- **Advanced Matwork Manual** – 28 Advanced Matwork exercises including prerequisite for each exercise, set up, breathing and movement, cueing, corrections/common mistakes, modifications and injuries/caution – 62 pages
- **Ball, Circle and Band Manual** – over 65 Ball, Circle and Band exercises including prerequisite for each exercise, set up, breathing and movement, cueing, corrections/common mistakes, modifications and injuries/caution – 145 pages

### **Ball, Circle, Band + Advanced Mat Course Outline:**

#### Day 1 – 8 hours

- Advanced Matwork and Ball, Circle and Band repertoire – practice doing and teaching the exercises
- In-depth analysis of the choreography/movements and how to break them down for easier teaching
- Injury cautions/modifications

## **Studio Pilates® Reformer Course Outline**

### **Course Prerequisites:**

1. Studio Pilates® Matwork Certification
2. Complete the workbook on peripheral joint injuries

### **Course includes 2 manuals which are included in the cost of your course, these are:**

- **Body Essentials 2 Manual** – Peripheral injuries – 40 pages
- **Reformer Exercise Manual** – 120 Basic to Intermediate Reformer exercises, including prerequisite for each exercise, set up, breathing and movement, cueing, corrections/common mistakes, modifications and injuries/caution - 247 pages

### **Reformer Course Outline:**

#### Day 1 – 8 hours

- Reformer familiarisation
- Learn and practice performing and teaching basic to intermediate stretches and abdominal exercises

#### Day 2 - 8 hours

- Review of Day 1
- Learn and practice performing and teaching basic to intermediate gluteal, leg and side exercises

#### Day 3 – 8 hours

- Learn and practicing performing and teaching back and shoulder/arm exercises
- Common peripheral injuries
- Programming for injury rehabilitation (spinal and peripheral joints), hard workouts, athletes, pregnancy and small group classes

#### Day 4 – 8 hours

- How to take a small group session safely and practice the coordination of taking several clients at once
- Review of all exercises and practice teaching

## **Studio Pilates® Advanced Reformer Course Outline**

### **Course Prerequisites:**

1. Studio Pilates Matwork, Reformer and Advanced Mat Certification
2. Have taught a minimum of 25 hours of Reformer sessions/classes

### **Course includes 1 manual which is included in the cost of your course, this is:**

- **Advanced Reformer Manual** – 60 Advanced Reformer exercises including prerequisite for each exercise, set up, breathing and movement, cueing, corrections/common mistakes, modifications and injuries/caution – 174 pages

### **Advanced Reformer Course Outline:**

#### Day 1 – 8 hours

- Advanced Reformer repertoire – practice doing and teaching the exercises
- In-depth analysis of the choreography/movements and how to break them down for easier teaching

#### Day 2 – 8 hours

- Continue on with learning repertoire and revision, practice teaching
- Injury cautions/modifications

## **Studio Pilates® Wunda Chair Course Outline**

### **Course Prerequisites:**

1. Studio Pilates® Matwork Certification
2. Have taught a minimum of 25 hours of Matwork sessions/classes
3. Have participated in at least 25 hours of Pilates studio sessions taken by an approved instructor incorporating the Wunda Chair

### **Course includes 1 manual which is included in the cost of your course, this is:**

- **Wunda Chair Manual** – 29 Wunda chair exercises including prerequisite for each exercise, set up, breathing and movement, cueing, corrections/common mistakes, modifications and injuries/caution – 72 pages

### **Wunda Chair Course Outline:**

#### Day 1 – 8 hours

- Wunda Chair repertoire – practice doing and teaching the exercises
- In-depth analysis of the choreography/movements and how to break them down for easier teaching
- Injuries and programming

## **Studio Pilates® Cadillac Course Outline**

### **Course Prerequisites:**

1. Studio Pilates Matwork, Advanced Matwork and Reformer Certification
2. Participate in a minimum of 20 hours of Pilates Studio sessions using the Cadillac taken by an approved instructor.

### **Course includes 1 manual which is included in the cost of your course, this is:**

- Cadillac Exercise Manual – 130 Basic to Advanced Cadillac exercises including prerequisite for each exercise, set up, breathing and movement, cueing, corrections/common mistakes, modifications and injuries/caution - 311 pages

### **Course outline:**

#### Day 1 – 8 hours

- Cadillac familiarisation
- Learn and practice performing and teaching exercises using the springs and roll down bar

#### Day 2 - 8 hours

- Learn and practice performing and teaching exercises on the trapeze, push through bar vertical/horizontal poles and fuzzy hanging straps
- Review of all exercises and practice teaching
- Programming for injuries and pregnancy

# To secure your place in a course or to learn more...

Call **0402 100 334** or call Studio Pilates International® Headquarters on **+61 7 3899 4555**



Become a  
Pilates  
Instructor  
today

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