

Studio One Pilates Festival Workshop Content

Introduction to the V-2 Max Plus

To become acquainted with the new 3-in-One machine: it's attachments that allow the instructor to move from traditional reformer, Cadillac table and amazing new pulley system for greater use of muscular work. This hour long class is to learn to transfer the equipment from one area to another. If you own the V-2 Max Plus or are thinking of buying one, here is your opportunity to work with the equipment.

Essential and Intermediate Work on the V-2 Max Plus

This class will introduce the instructor to the ability to convert and add new challenges to the existing Reformer repertory. The ability to challenge the client and also to allow for the rehabilitation work that can be done with the new options of the V-2 Max Plus.

Therapeutic Taping for the Upper Quadrant

The class is directed to teach the Pilates instructor to recognize postural problems to be able to tape the client with Shoulder and Neck issues. To relieve stress and tension in the joints and the upper spine. Therapeutic taping has been shown to help "place" and reinforce the skeletal placement to allow the muscles to work correctly around the joint .

Athletic Conditioning on the Reformer 2 hr CEC

Adding these specially designed STOTT PILATES® Reformer exercises to your client's routine

will boost athletic performance and strengthen the core to minimize the risk of injury. Participants learn how to tackle this total body workout for optimum strength, endurance agility and conditioning.

LEARNING OBJECTIVES:

- ▶ Apply the STOTT PILATES® Five Basic Principles to specific exercises on the Reformer.
- ▶ Challenge clients muscular system and build endurance.
- ▶ Challenge abdominal stability and strengthen upper and lower body.
- ▶ Learn cues and corrections for safety and effectiveness.
- ▶ Understand how specific exercises can address the needs of athletic conditioning

.Pilates On the Green, Golf Level 2 2 hr CEC

A movement as complex as a golf swing requires focus, strength, flexibility, balance, and power from the ground up. In this interactive level-2 workshop, participants learn how to use these specially designed intense Matwork exercises to help their clients sharpen all of those areas. We'll also focus on isolating key physical components that aid in increasing club head speed to send that ball further down the fairway and get extra advantage on the green.

LEARNING OBJECTIVES:

- ▶ Apply the STOTT PILATES® Five Basic Principles to modified Matwork exercises.
- ▶ Learn specific exercises designed for golf conditioning.
- ▶ Understand how these exercises challenge strength, stability and coordination.
- ▶ Learn cues and corrections for safety and effectiveness

Pilates On the Green: Golf Level 1 2 hr CEC

This workout is designed specifically for golfers looking to increase club head speed and get more distance on the drive. Participants learn specifically chosen and modified STOTT PILATES® Matwork exercises, which work on increasing focus and body awareness, isolating crucial core muscles and combining the elements of strength with flexibility. Trainers can use this workout to benefit any level golfer from amateur to professional.

LEARNING OBJECTIVES:

- ▶ Apply the STOTT PILATES® Five Basic Principles to modified Matwork exercises.
- ▶ Learn specific exercises designed for golf conditioning.
- ▶ Understand how these exercises challenge strength, stability and coordination.
- ▶ Learn cues and corrections for safety and effectiveness.

Pre-Natal on the Reformer 2 hr CEC

This innovative workshop will help you take Moms-to-be from the traditional Matwork variations to modifications on the Reformer. Drawing on the latest medical information and ACOG guidelines, anatomical and physiological changes, risk factors and movement considerations are discussed with an eye to providing a safe and effective workout. Appropriate STOTT PILATES® exercise adaptations are explored using the Reformer in innovative and beneficial ways. Workouts are concentrated on second trimester concerns, including the client's pre-pregnancy fitness level, health concerns and fitness goals, although considerations for those in first and third trimesters are addressed.

LEARNING OBJECTIVES:

- ▶ Apply the principles of STOTT PILATES® to specific exercises on the Reformer.
- ▶ Understand movement essence and exercise goals.
- ▶ Understand how exercise choices are made for the pre natal client and what modifications may need to be incorporated.
- ▶ Learn cues and corrections for safety and effectiveness.

Foam Roller Challenge Level 2 2 hr CEC

Learn how to add further challenge to the Foam Roller routine in this level 2 workshop. Using the Foam Roller's unstable nature while reducing the base of support will increase the challenge to strength and balance. Cues and corrections for safety and effectiveness are also covered.

LEARNING OBJECTIVES:

- ▶ Apply STOTT PILATES® principles to the Foam Roller exercises.
- ▶ Understand movement essence and exercise goals.
- ▶ Use the Foam Roller to challenge balance, stability and spatial awareness on the mat.
- ▶ Understand how to use the smaller base of support of the Foam Roller to intensify a routine on the Foam Roller.
- ▶ Learn cues and corrections for safety and effectiveness.

The Knee: Functionality 3 hr CEC

Lecture/demo will explore the anatomy and biomechanics involved in the normal healthy functioning of the knee, some of the interruptions that can occur and exercise progressions to restore function, prepare for specific activities and enhance performance. First, the available movements and functioning of the knee are explored, and then common abnormal or dysfunctional movement patterns are addressed. Finally, exercise progressions that can be used to rebuild normal muscle action and movement patterning are outlined as well as knee joint exercise that can challenge and promote optimal performance.

LEARNING OBJECTIVES:

- ▶ Understand optimal function and movement patterns of the knee joint.
- ▶ Review anatomy and muscular involvement.
- ▶ Understand common dysfunctions.
- ▶ Learn exercises and progressions to optimize knee joint function.

Mat Work for Breast Cancer Survivors 2 hr CEC

Many more women will survive breast cancer today than ever before. These women will be encouraged to seek out fitness programs to assist in their recovery and give them the strength and endurance needed to resume an active lifestyle. This workshop discusses various types of treatments including surgeries and reconstruction and the exercise requirements for each. Programs include Matwork based exercises focusing on ROM for the entire shoulder girdle, establishing mobility, restoring posture, ensuring proper biomechanics and developing core and peripheral strength to address muscular imbalances created from the surgeries. Exercises incorporate hand-held Toning Balls and a towel or small foam cushion to work on low load strength and endurance.

LEARNING OBJECTIVES:

- ▶ Identify different types of breast cancer surgery and the side effects of each.
- ▶ Understand how selected STOTT PILATES® Matwork exercises target specific muscle groups to begin rebalancing them.
- ▶ Learn how specific modifications will increase effectiveness and safety for individual clients.

Athletic Conditioning on the V-2 Max Plus 2 hr CEC

Serious athletes – whether professional or amateur – benefit greatly from performance enhancement training. This high-caliber introductory workout is designed for instructors and trainers working with very fit and accomplished athletes. Using the STOTT PILATES® V2 Max Plus™ – an all-in one machine that combines the functionality of the Professional Reformer with the key features and benefits of the Cadillac, experience the virtually endless programming options this piece allows. Always initiating from the core, you'll learn how this complete body workout retrains muscles that may have become unbalanced and you'll be able to take your clients to a new level of strength and agility.

LEARNING OBJECTIVES:

- ▶ Apply the STOTT PILATES® Five Basic Principles to specific exercises on the V2 Max Plus™.
- ▶ Learn specific exercises designed for athletic conditioning.
- ▶ Understand how these exercises challenge strength, stability and coordination.
- ▶ Learn cues and corrections for safety and effectiveness

Gait Analysis Workshop

To gain the ability to watch a client's walking pattern and observe abnormalities in the hip, knee and ankle joint. The observation of shoe wear and static standing patterns. How to help your clients return to a normal gait and avoid overuse of the joints and a more efficient manner of mobility in the spine.

Programming for Men

This workshop is designed to teach the instructor how to program for the male gender with Pilates principles. The use of personal training skills and more traditional approaches with the use of Pilates core strength. Learn how to allow men to experience Pilates without the guilt of deserting traditional methods. Experience the ability to program and include new exercises that are designed for the male body and psche.

Therapeutic Taping for the Lumbar Spine

This workshop examines the lumbar spine in relationship to the pelvic girdle. To learn how to tape for support in the lumbar spine to release tension and help weak muscles that are causing low back pain and creating the inability to exercise to strengthen necessary muscles.