

STOTT PILATES Workshops

Delivered by Litton Lane Training

3 October 2010

Instructor Trainer - Joe Mc Carthy

Westpark Fitness, Tallaght, Dublin

3 October 2010

10.15-12.15

Instructor Trainer - Joe Mc Carthy

Toning Ball

Incorporate soft hand-held Toning Balls™ to select exercises from the STOTT PILATES Essential Matwork™ repertoire. The use of these weighted balls not only targets the rotator cuff, but increases awareness and strength of the entire upper quadrant. Discover how core musculature can be stimulated to stabilize and control with the addition of light weight.

LEARNING OBJECTIVES:

Apply STOTT PILATES® principles to Toning Ball exercises focusing on movement essence and exercise goals.

Understand how the Toning Balls™ for added variety, challenge and resistance.

Learn cues and corrections for safety and effectiveness.

FORMAT: W/shop

CECs: 0.2

Westpark Fitness, Tallaght, Dublin

3 October 2010

1-3 pm

Instructor Trainer - Joe Mc Carthy

Ultimate Body Sculpting

Learn Intermediate-level exercises that challenge core and peripheral strength, and add variety and multi-dimensional joint movements to the basic Flex-Band® exerciser routine. This intense full-body workout emphasizes the upper and lower body working together while maintaining correct alignment and form. Exercises mimic those from the Reformer repertoire featuring the same movement essence and breath and movement patterns. Cues and corrections for safety and effectiveness are also covered.

LEARNING OBJECTIVES:

Apply the principles of STOTT PILATES® to an intermediate level workout with the Flex-Band® exerciser.

Understand movement essence and exercise goals.

Understand how the Flex-Band® can intensify a routine and make it more three-dimensional.

Focus on upper and lower body work simultaneously using resistance.

Learn cues and corrections for safety and effectiveness.

FORMAT:

Workshop

CECs:

0.2

Westpark Fitness, Tallaght, Dublin
3 October 2010
3.30-5.30 pm
Instructor Trainer - Joe Mc Carthy

Power Paced Fitness Circle

This exciting, fast-paced workout uses the Fitness Circle® resistance ring in innovative ways to add variety and challenge to group classes or personal training programs. Learn fun yet demanding programming designed to complement Matwork™ and motivate clients. Let the power of the Fitness Circle increase intensity while maintaining a focus on core connection and exercise execution.

LEARNING OBJECTIVES:

Apply the principles of STOTT PILATES® to Fitness Circle® exercises.

Understand movement essence and exercise goals.

Learn programming to increase endurance and maintain pace using the Fitness Circle®.

Learn cues and corrections for safety and effectiveness.

FORMAT:

Workshop

CECs:

0.2