

## STOTT PILATES Workshops

Delivered by Litton Lane Training

21 Nov 2010

Instructor Trainer - Joe Mc Carthy

Westpark Fitness, Tallaght, Dublin

21 Nov 2010

10.30-1.30 pm

Instructor Trainer - Joe Mc Carthy

### Mat-Plus™

This workshop interactively teaches select exercises from the STOTT PILATES® Essential Matwork™ repertoire incorporating the Arc Barrel, the Fitness Circle® resistance ring and the Flex-Band® exerciser. Learn how these props may be used to support the spine in flexion, lateral flexion or extension or to target core and peripheral muscle with challenge and variety. Discover tips on the application of exercises and modifications for specific body types, as well as cues and corrections for safety and effectiveness.

#### LEARNING OBJECTIVES:

- Apply principles of the STOTT PILATES® method to Matwork exercises with small equipment.
- Understand how to use these tools to add variety, challenge, support and resistance.
- Discover how to use small props to sculpt, strengthen and tone the total body.
- Explore exercise variations and modifications for specific body types.

#### FORMAT:

Workshop

#### CECs:

0.3

Westpark Fitness, Tallaght, Dublin

21 Nov 2010

2.30-5.30 pm

Instructor Trainer - Joe Mc Carthy

### Pilates with Props, Level 1

This innovative and upbeat mat workout features small props or 'toys' including the Flex-Band® exerciser, Fitness Circle® resistance ring and Toning Balls™. Learn how to create a workout that's sure to inspire you and your clients alike. Focusing on strength and agility, this routine will leave you feeling strong and streamlined and will serve to improve your game – even if your game is life!

#### LEARNING OBJECTIVES:

- Learn basic Matwork™ exercises from the Essential and Intermediate levels.
- Modify these exercises with props including the Flex-Band®, Fitness Circle® and Toning Balls™.
- Apply the STOTT PILATES® principles of stabilization to all exercises.
- Cues and corrections to help ensure safety and effectiveness.

#### FORMAT:

Workshop

#### CECs: 0.3