

## **STOTT PILATES Reformer Workshops**

**Delivered by Litton Lane Training**

**4 Dec 2010**

**Instructor Trainer - Dani Gonzalez**

**The Pavilion, Merrion Village, Merrion Road, Dublin 4**

**4 Dec 2010**

**10.30-12.30 pm**

**Instructor Trainer - Dani Gonzalez**

### **Prenatal Pilates on the Reformer**

Any trainer will realize the benefits of taking Moms-to-be from traditional Matwork™ variations to select exercise modifications on the Reformer. Using current exercise guidelines provided by the ACOG and bearing in mind common anatomical and physiological changes, appropriate STOTT PILATES® exercise adaptations will be explored using the Reformer in innovative and beneficial ways. Workout safety and effectiveness remain paramount and the client's risk factors pre-pregnancy fitness level, health concerns and fitness goals will all be taken in to account when creating new and ongoing programs.

#### **LEARNING OBJECTIVES:**

Apply the principles of STOTT PILATES® to specific exercises on the Reformer.

Understand Movement essence and exercise goals for the prenatal client.

Understand how exercise choices are made for the prenatal client and what modifications may need to be incorporated.

Learn cues and corrections for safety and effectiveness.

#### **FORMAT:**

Workshop

#### **TIME REQUIRED:**

2 hours

#### **CECs:**

0.2

**The Pavilion, Merrion Village, Merrion Road, Dublin 4.**

**4 Dec 2010**

**1.15-3.15 pm**

**Instructor Trainer - Dani Gonzalez**

### **Reformer for the Older Adult**

Explore the benefits of working on the Reformer for the older adult in this interactive workshop. Despite decrements associated with aging, the ability to adapt to endurance and strength training is well documented. The Reformer provides widely variable spring tensions to address both upper and lower body as well as core training. Modifications of exercises and considerations for limited mobility and strength issues will be discussed with a view to enhance core stability, increase lean muscle mass, increase range of motion and improve body awareness. Tips for cueing and correcting to help ensure safety and effectiveness will also be included.

#### **LEARNING OBJECTIVES:**

Apply STOTT PILATES® principles of stabilization to select Reformer exercises.

Understand how movements may need to be modified for older adults.

Understand why STOTT PILATES® exercise is beneficial in cases of restricted mobility.

Learn cues and corrections for safety and effectiveness.

FORMAT:

Workshop

CECs:

0.2

**The Pavilion, Merrion Village, Merrion Road, Dublin 4.**

**4 Dec 2010**

**3.45-5.45 pm**

**Instructor Trainer - Dani Gonzalez**

**Reformer Workout for Men**

Adding these specially designed STOTT PILATES® Reformer exercises to a male client's routine will boost athletic performance and strengthen the core to minimize the risk of injury. Learn how to tackle this total body workout for optimum strength, endurance agility and conditioning. Discover how adding hand-held Toning Balls™ to a Reformer workout can build coordination and challenge the body from the inside out.

**LEARNING OBJECTIVES:**

Apply the STOTT PILATES® Five Basic Principles to specific exercises on the Reformer.

Learn specific exercises designed for male clients.

Understand how these exercises challenge strength, stability and coordination.

Learn cues and corrections for safety and effectiveness.

FORMAT:

Workshop

CECs:

0.2