

## STOTT PILATES Workshops

Delivered by Litton Lane Training

5 Dec 2010

Instructor Trainer - Dani Gonzalez

Westpark Fitness, Tallaght, Dublin

5 Dec 2010

10.30-2.30 pm

Instructor Trainer - Dani Gonzalez

### **Foam Roller Plus (Level 1 & 2)**

*a combination of On A Roll and Foam Roller Challenge (Level 1 & Level 2)*

Bring more diversity and challenge to your group or personal training Matwork™ routine with the Foam Roller. In the first half of this workshop, a variety of exercises using the roller to target core stabilizers, cue alignment and challenge core and peripheral strength will be demonstrated, explained and practiced. In the second half, learn how to add further challenge by using the roller's unstable nature and reducing the base of support. Increase strength and balance while ensuring safety and effectiveness.

#### LEARNING OBJECTIVES:

- Apply the principles of STOTT PILATES to the Foam Roller exercises.
- Understand movement essence and exercise goals.
- Use the roller to challenge balance, stability and spatial awareness on the Mat.
- Understand how to use a smaller base of support to intensify a routine on the Foam Roller.

#### FORMAT:

Workshop

CECs: 0.4

estpark Fitness, Tallaght, Dublin

5 Dec 2010

3.30-5.30 pm

Instructor Trainer - Dani Gonzalez

### **Stability Ball™ Challenge OR Stability Ball™ Level 5**

Provide maximum challenge and movement variety to an intermediate to advanced-level workout with the Stability Ball™. Discover innovative exercises that challenge upper and lower body strength, core stability, balance and control. By alternating body parts holding or being supported by the ball, the unstable nature of this tool will stimulate dynamic stabilization and proprioception. Any client will realize the benefits of incorporating this fun and powerful workout.

#### LEARNING OBJECTIVES:

- Apply STOTT PILATES® principles to more challenging Stability Ball™ exercises.
- Effectively challenge proprioceptive awareness, strength and stability.
- Understand how to challenge stability safely using various body parts on the ball.
- Learn cues and corrections for safety and effectiveness.

#### FORMAT:

Workshop

CECs:

0.2