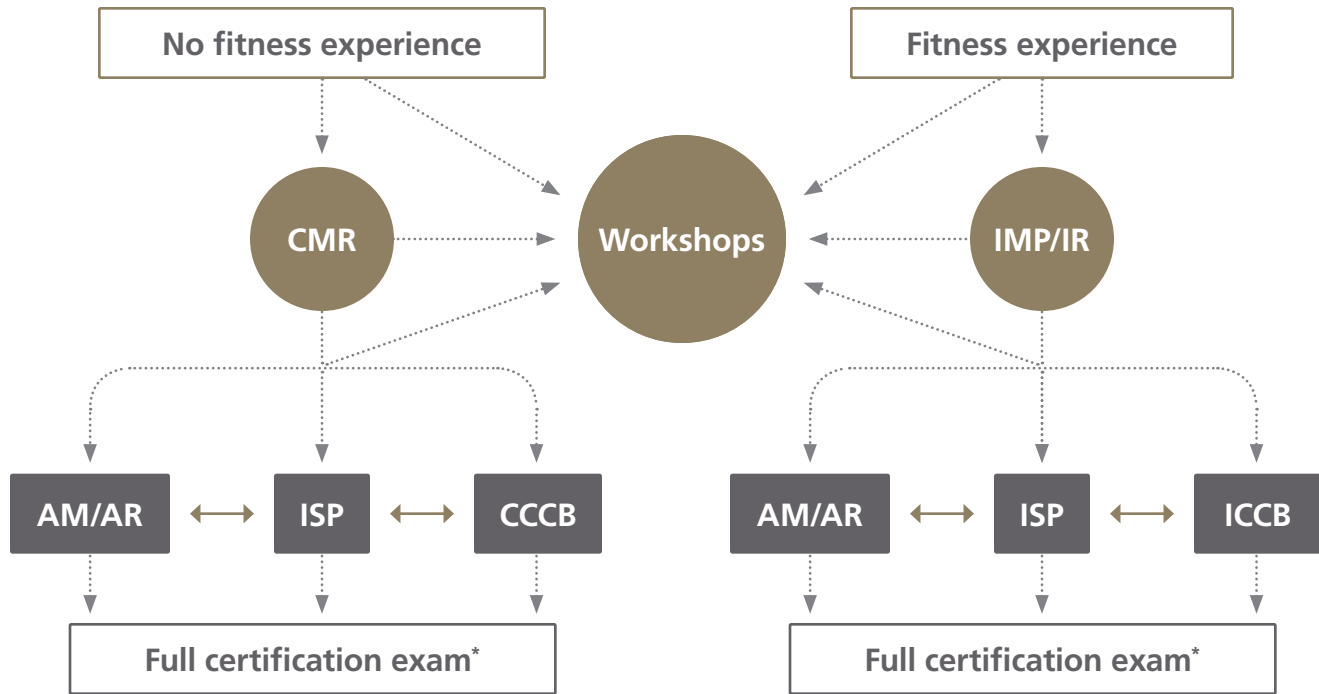


# STOTT PILATES®

## Career Paths



### CMR Comprehensive Matwork & Reformer

The comprehensive Program teaches the STOTT PILATES repertoire at a more relaxed pace and covers functional anatomy and the biomechanical principles of the exercises.

#### → AM/AR Advanced Matwork & Reformer

The Advanced (Level 2) program begins with a review of relevant Essential and Intermediate exercises, then students learn to apply STOTT PILATES biomechanical principles to exercises that require a higher degree of strength, balance and coordination.

#### → ISP Injuries & Special Populations

The Injuries & Special Populations (ISP) course equips you with the skills required to address a broad range of physical challenges among your clients.

#### → CCCB Comprehensive Cadillac, Chair & Barrels

This course prepares you to teach Level 1 Essential and Intermediate exercises on the Cadillac Trapeze Table, Stability Chair™, Ladder Barrel, Spine Corrector and Arc Barrel.

### IMP/IR Intensive Mat-Plus™ & Reformer

The Intensive Program is for those already working in the fields of fitness or movement and those looking to complete the course in a shorter amount of time.

#### → AM/AR Advanced Matwork & Reformer

The Advanced (Level 2) program begins with a review of relevant Essential and Intermediate exercises, then students learn to apply STOTT PILATES biomechanical principles to exercises that require a higher degree of strength, balance and coordination.

#### → ISP Injuries & Special Populations

The Injuries & Special Populations (ISP) course equips you with the skills required to address a broad range of physical challenges among your clients.

#### → ICCB Intensive Cadillac, Chair & Barrels

Building on your knowledge and the material learned in IMP or IR you learn the Level 1 Essential and Intermediate Cadillac repertoire for a range of clients.

### Workshops

We welcome all Pilates and Fitness Instructors to learn and benefit from Merrithew™ workshops with no prerequisites. With over 150 workshops to choose from, our introductory and continuing education workshops can supplement your current instructor training and are not limited to Merrithew Certified or Qualified Instructors. Plus, completing enough workshops in a specific speciality track could grant you a specialist designation.

\*Additional exam options for CMR or IMP/IR Level 1 and 2.