

STOTT PILATES® Specialty Tracks

Focus your education and gain niche clients

Set yourself apart by becoming a STOTT PILATES® Specialist in the field of your choice. Choose any of our five Specialty Tracks, complete the required workshops and gain access to a whole new client-base.

Athletic Conditioning

Golf Conditioning

Post-Rehabilitation Conditioning

Active for Life

Pre & Postnatal



STOTT PILATES®
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The Five STOTT PILATES® Specialty Tracks

Track 1 Athletic Conditioning

For those who work with very fit and accomplished athletes – learn to improve strength, power and agility, while challenging unilateral movement, weight transference and torso rotation. Take your clients to a new level of athletic performance.

Complete any 8 of the following STOTT PILATES Workshops:

- ACW1** Athletic Conditioning 1 on the Reformer
- ACW2** Athletic Conditioning 2 on the Reformer
- ACW3** Athletic Conditioning on the Pilates Edge™
- ACW4** Athletic Conditioning on the Stability Chair™
- ACW5** Athletic Conditioning on the V2 Max Plus™ Reformer
- ACW6** Athletic Core Conditioning on the Cardio-Tramp™
- ACW7** Athletic Conditioning 1 on Stability Cushions™
- ACW8** Jumpboard Interval Training on the Cardio-Tramp Level 1
- ACW9** Jumpboard Interval Training on the Cardio-Tramp Level 2
- ACW10** Reformer Workout for Men
- ACW11** Pilates for Men

Track 2 Golf Conditioning

Give your clients that extra edge. Learn exercises designed to increase strength, balance, flexibility and power. Condition the entire body, enhance core stability and body awareness to help boost performance on and off the green.

Complete all 8 of the following STOTT PILATES Workshops:

- GCW1** Pilates on the Green: Matwork for Golf Level 1
- GCW2** Pilates on the Green: Matwork for Golf Level 2
- GCW3** Golf Conditioning on the Reformer
- GCW4** Reformer Workout for Men
- GCW5** Golf Conditioning on the V2 Max Plus™ Reformer
- GCW6** Rotational Disks on the Mat
- GCW7** Total Body Toning
- GCW8** Pilates for Men



For more information freephone **0800 434 6110** or visit **www.activetraining.info**

Track 3 Post-Rehabilitation Conditioning

For clients with injuries or special conditions – zero in on areas of the body which are most commonly injured. Learn to help your clients maintain strength after rehab and prevent future injuries.

Complete any 8 of the following STOTT PILATES Workshops:

- RCW1** Lumbo-Pelvic Region: Stability & Function
- RCW2** The Knee: Stability & Function
- RCW3** The Shoulder Girdle: Stability & Function
- RCW4** Postural Analysis & Application to Pilates Exercises
- RCW5** Programming for Osteoporosis Management
- RCW6** Programming for Scoliosis Management
- RCW7** Matwork for Breast Cancer Rehab
- RCW8** Equipment Programming for Breast Cancer Rehab
- RCW9** Secret to a Strong Back/Ultimate Back Care
- RCW10** Postural Analysis Review
- RCW11** Stabilisation Principles
- RCW12** Therapeutic Foundations & Applications to Lumbo Pelvic Stability

Track 4 Active for Life

Specialised programming for the active ageing population – learn to adapt the STOTT PILATES Principles and exercises for active older adults and address issues such as restricted mobility.

Complete any 8 of the following STOTT PILATES Workshops:

- ALW1** Essential Matwork™
- ALW2** Sculpt & Tone: Flex-Band® Level 1
- ALW3** Secret to a Strong Back/Ultimate Back Care
- ALW4** Armchair Pilates Plus
- ALW5** Dynamic Armchair Pilates
- ALW6** Reformer for the Older Adult
- ALW7** Stability Chair for the Older Adult
- ALW8** Programming for Osteoporosis Management
- ALW9** Fitness Circle® Flow

Track 5 Pre & Postnatal

Take mothers-to-be from traditional Matwork to variations that address their changing bodies. Learn appropriate exercise adaptations taking individual factors into consideration such as fitness level and health concerns.

Complete any 8 of the following STOTT PILATES Workshops:

- PNW1** Prenatal Pilates with Stability Ball™ & Flex Band
- PNW2** Prenatal Pilates on the Edge
- PNW3** Prenatal Pilates on the Cadillac
- PNW4** Prenatal Pilates on the Split-Pedal Stability Chair™
- PNW5** Prenatal on the Mat
- PNW6** Prenatal Pilates on the Reformer
- PNW7** Prenatal Pilates on the V2 Max Plus™ Reformer
- PNW8** Prenatal Pilates on Equipment
- PNW9** Postnatal Pilates

In the UK, STOTT PILATES Specialty Tracks is delivered by Active Training. As the education arm of Pilates Solutions Ltd, Active Training holds the license to teach all STOTT PILATES courses and workshops in the UK.



Benefits of becoming a STOTT PILATES® Specialist

- Focus your training in the field of your choice
- Develop specialty programming for your clientele
- Service special populations in your community
- Receive cueing tips for specialty customers
- Learn modifications to address individual requirements
- Discover the specific needs of unique groups
- Explore how market segments differ from one another
- Address the anatomy and biomechanical necessities in each case
- Filter through the hundreds of workshop opportunities
- Streamline continuing education

Requirements to becoming a STOTT PILATES Specialist

All workshops included in the STOTT PILATES Specialty Tracks are open to any individual regardless of whether they have completed any training or certification in the STOTT PILATES method.

A current STOTT PILATES certification at any level is required in order to be recognised as a "Specialist" in any track. A completion letter for each workshop will be issued, however, the "Specialist" designation will not be granted if no certification is held.

A total of eight workshops within each track must be completed to receive the "Specialist" designation.

There is no time limit to complete the required number of workshops; however, the individual must hold a current certification at the time of completion in order to receive the designation.

Any individual wishing to receive recognition as a STOTT PILATES "Specialist" in any track must submit a written request to cecs@stottpilates.com. If STOTT PILATES are unable to verify that the required number of workshops has been taken, the applicant must submit documentation to support their request.

STOTT PILATES will accept any workshops taken after 1st January 2007 as part of the requirement for Specialist recognition.

Any workshops taken prior to an individual becoming certified with STOTT PILATES will be considered for "Specialist" designation. However, status will not be granted until certification is achieved.

If an individual completes all workshop requirements in any one track, but does not hold a valid certification (i.e. yearly CECs have not been maintained), "Specialist" recognition will be granted only when certification is returned to good standing.

STOTT PILATES reserves the right to reject any request for "Specialist" status.

If an instructor attends one workshop that appears in more than one Specialty Track, it will be counted toward completion of both tracks.



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