

Anatomy, Biomechanics and Posture Review (ABP) - 15 hours

This course reviews the structures (bones, muscles, joints, etc.) that form the support of the human body. An emphasis will be placed on "ideal" posture and "ideal" biomechanics of each joint while helping students learn how to detect abnormalities both statically and dynamically. Open to all personal trainers, this course is invaluable in helping you provide lasting results for your clients and increase your marketability.

This course is CEC Approved.

CEC's: (ACE) 1.2

All Populations Mat I (APM I) - 35 hours

What makes great buildings? Great foundations! This course teaches the first three tiers of the Pilates Mat repertoire and how to modify exercises for all age groups and fitness levels. Emphasis is placed on maintaining variety and providing small challenges while safely progressing a client in order to avoid monotony. Students leave the course confident and capable of creating safe and effective workouts for today's diverse client. 68 Exercises.

Prerequisite: ABP or equivalent

This course is CEC Approved.

CEC's: (ACE) 3.0

All Populations Mat II (APM II) - 5 hours

This course teaches the last two tiers of the full Pilates Mat repertoire, a necessity for students pursuing full Pilates certification with the Pilates Method Alliance (PMA). Students learn how to assess when a client is ready to be challenged and then how to progress the client safely and effectively.

Prerequisite: APM I

All Populations Reformer I (APR I) - 50 hours

This course teaches students the Reformer exercises needed to be ready to customize workouts for all ages and fitness levels. Covering the first three tiers, Fundamental through Intermediate, All Populations Reformer also teaches the "physics" of the reformer so that students understand both the way the reformer operates and the safety concerns. Emphasis is placed on the differences between Pilates machine work versus regular gym equipment so that instructors

are prepared to meet the needs of clients from all backgrounds.

Prerequisite: ABP

All Populations Reformer II (APR II) - 18 hours

This course teaches students how to teach clients the intermediate advanced and advanced exercises to complete the full repertoire on the Pilates Reformer. Care is taken to ensure each student understands the "benchmarks" a client should accomplish before an advanced exercise is attempted, which may include exercises on other equipment. All Populations Reformer II is a necessary component for students pursuing full Pilates certification through the Pilates Method Alliance.

Prerequisite: APR I

All Populations Cadillac I (APC I) - 30 hours

This course teaches students the fundamental first three tiers (through Intermediate) of exercises conducted on the Cadillac/tower. The Cadillac is an excellent piece of equipment on which to focus on isolated joint movements to strengthen the joint properly and correct faulty movement habits. Emphasis will be placed on the benefits of Cadillac exercises as stepping stones to more challenging exercises.

Prerequisite: ABP

All Populations Cadillac II (APC II) - 12 hours

Building on the previous course, this course teaches the final two tiers in the full Cadillac repertoire so you may challenge your clients safely and effectively. Some of these exercises challenge core strength significantly. Thus students will be taught the "benchmarks" for assessing when to progress a client.

Prerequisite: APCadillac I

All Populations Barrels I (APB I) - 8 hours

This course must be preceded by the All Populations Mat course. Students will learn the first three tiers of exercises on the spine corrector and ladder barrel, and, more importantly, how to incorporate the barrel into a client's workout, and

use it as a support or a challenge, depending on the exercise.

Prerequisite: ABP

All Populations Barrels II (APB II) - 4 hours

This course builds on the material learned in the All Populations Barrels I course, adding the final two tiers of the full repertoire. Students will learn how to use these exercises to challenge both their core strength and their own body awareness and control.

Prerequisite: APBarrels I

All Populations Chair I (APCh I) - 15 hours

This course teaches the first three tiers of Chair exercises from Fundamental I through Intermediate. Students will be taught the many merits of the chair and how to integrate this often under-used piece of equipment into clients' workout routines.

Prerequisite: ABP

All Populations Chair II (APCh II) - 12 hours

This course builds on the material learned in the All Populations Chair I course, adding the final two tiers of the full repertoire. Students will not only learn the new exercises, but also how to progress their clients carefully, delivering optimal results in strength and control.

Prerequisite: APChair I