

## Pilatesprop Equipments Training

### Objective

Training for interested person, yoga teacher, physical education teacher, rehab therapist, or studio owners who wish to expand their skills and techniques in movements and exercises using Pilatesprop equipments.

### Certification program requirements

There are 3 parts of the certification program to complete program requirement.

#### Part 1: Fundamental Pilates & Matworks

Fundamental Pilates & Matworks intensive 3 days training is required for the enthusiastic learner who are looking forward to achieve Pilatesprop Instructor Certification as well as for interested persons who may be transferring from different field of work and study. Fundamental Pilates & Matworks training is an opportunity for you to explore and learn about your body and the concept of movements so it helps you develop more sounds of knowledge to become an instructor as well as to have your own studio.

#### Part 2: Techniques and Implications



An introduction to our Pilatesprop equipments, set up and safety, fundamental and functional exercises, program sequencing and teaching tips. Learner can choose to take any part of the full series training.

2.1 Equipment setup and Exercises with Pilatesprop Reformer

2.2 Equipment setup and Exercises with Pilatesprop Trapeze table (Cadillac) and Reformer with Tower

2.3 Equipment setup and Exercises with Pilatesprop Barrel, and Spine Corrector focusing on Osteoporosis prevention exercises.

2.4 Equipment setup and Exercises with Chair and other props: Arch, Foam Roller, band and Glider

#### Part 3: Practice and Examination

3.1 Practice with Partner (10 Hrs)

3.2 Self Practice (10 Hrs)

3.3 Pilatesprop Examination