

STOTT PILATES® Required Course Materials

To order call 800.910.0001 or www.stottpilates.com

Students must purchase required course materials from STOTT PILATES directly.

Paid Receipt of course materials ordered MUST accompany Registration Form.

Course Package

Matwork - Level 1 (courses IMP, CMR)

REQUIRED MATERIALS	CAT #
<p>▶ Matwork & Reformer Support Materials Book NOTE: the Matwork & Reformer Support Materials Book is required for IMP, IR and CMR courses but only needs to be purchased once.</p>	ST-08050
<p>▶ Mat-Plus Course Package - DVD COURSE PACKAGE INCLUDES Comprehensive Matwork Manual; 4 DVD titles: Essential Matwork 3rd Ed, Intermediate Matwork 3rd Ed, Sculpt & Tone, Fitness Circle Challenge</p>	DV-80335
<p>▶ OPTIONAL ITEMS Complete Barrel Repertoire- DVD Advanced Matwork - DVD</p>	DV-81138 DV-81149

Course Package

Reformer - Level 1 (courses IR, CMR)

REQUIRED MATERIALS	CAT #
<p>▶ Matwork & Reformer Support Materials Book NOTE: the Matwork & Reformer Support Materials Book is required for IMP, IR and CMR courses but only needs to be purchased once.</p>	ST-08050
<p>▶ Reformer Course Package - DVD COURSE PACKAGE INCLUDES 2 Manuals (Essential Reformer, Intermediate Reformer); 2 DVDs (Essential Reformer 2nd Ed, Intermediate Reformer includes BONUS modifications)</p>	DV-80336
<p>▶ OPTIONAL ITEMS Advanced Reformer manual Advanced Reformer video - DVD, 2 disc set</p>	ST-08058 DV-80024

Course Package

Cadillac, Chair & Barrels - Level 1 (courses ICCB, CCCB)

REQUIRED MATERIALS	CAT #
<p>▶ CCB Course Package - DVD COURSE PACKAGE INCLUDES 6 Manuals: - Essential Cadillac - Intermediate/Advanced Cadillac - Complete Stability Chair - Complete Arc Barrel - Complete Ladder Barrel - Complete Spine Corrector; 4 DVDs: - Essential Cadillac - ICAD - Intermediate Cadillac - ICAD - Essential & Intermediate Stability Chair - ICHR - Complete Barrel Repertoire - IBRL</p>	DV-80355 DV-80344 DV-80357 DV-80352
▶	

Course Package Injuries & Special Populations (course ISP)

REQUIRED MATERIALS

- ▶ **ISP Course Package** - DVD

CAT

DV-80356

COURSE PACKAGE INCLUDES

2 Manuals:

- ISP Resource Guide
- Injuries & Special Populations Support Material

2 DVDs:

- Back Care Repertoire (includes: Be Kind to Your Spine; Pain-Free Posture; Standing Tall);
- Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame;

▶ OPTIONAL ITEMS

- Peripheral Joint Stabilization on Equipment
- Spinal, Pelvic & Scapular Stabilization on Equipment

Course Package Matwork - Level 2 (AM)

REQUIRED MATERIALS

- ▶ **Advanced Matwork video, 3rd Ed** - DVD

CAT

DV-81149

NOTE: Also required from Level 1:
Comprehensive Matwork manual

Course Package Reformer - Level 2 (AR)

REQUIRED MATERIALS

- ▶ **Advanced Reformer manual**
- Advanced Reformer video** - DVD, 2 discs

CAT

ST-08058

DV-80024

Course Package Cadillac, Chair & Barrels - Level 2 (ACCB)

REQUIRED MATERIALS

- ▶ **Advanced Cadillac** - DVD
- ▶ **Advanced Stability Chair** - DVD

CAT

DV-80029

DV-80020

NOTE: Also required from Level 1: entire package except Essential Cadillac manual, Essential Cadillac DVD, Essential Stability Chair DVD

Spinal, Pelvic & Scapular Stabilization: Matwork & Reformer – RMR1

Required Materials

- RMR1 Support Material Book
- Comprehensive Matwork Manual
- Essential Reformer 2nd Ed. Manual
- *Back Care Repertoire* DVD (Back Care Level, Be Kind to Your Spine, Back Care Level 2, Pain Free Posture and Back Care Level 3, Standing Tall)
- *Spinal, Pelvic & Scapular Stabilization with Reformer & Vertical Frame* DVD

For more course materials information please visit STOTT PILATES website or call them.