

REQUIRED COURSE MATERIALS 2008

To order your course materials, call 1-800-910-0001 or you can order them online at www.stottpilates.com.

INTENSIVE MAT-PLUS, level 1

Required materials:

- Mat/ Reformer Support Materials Book*
- Comprehensive Matwork Manual
- Essential Matwork DVD, 3rd Edition
- Intermediate Matwork DVD, 3rd Edition
- Sculpt & Tone DVD
- Fitness Circle Challenge DVD

**The Mat/ Reformer Support Materials Book is required for two courses, but only needs to be purchased once.*

ADVANCED MAT, level 2

Required materials:

- Advanced Matwork DVD, 3rd Edition
 - You will also need your Comprehensive Matwork Manual that you purchased for Intensive Mat-Plus.
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INTENSIVE REFORMER, level 1

Required materials:

- Mat/ Reformer Support Materials Book*
- Essential Reformer DVD, 3rd Edition
- Intermediate Reformer DVD, 3rd Edition
- Essential Reformer Manual, 2nd Edition
- Intermediate Reformer Manual, 2nd Edition

** The Mat/ Reformer Support Materials Book is required for two courses, but only needs to be purchased once.*

ADVANCED REFORMER, level 2

Required materials:

- Advanced Reformer DVD, 3rd Edition
- Advanced Reformer Manual, 2nd Edition

INTENSIVE CADILLAC, CHAIR & BARRELS, level 1

Required materials:

- Essential Cadillac DVD, 3rd Edition
- Intermediate Cadillac DVD, 3rd Edition
- Essential Cadillac Manual 2nd Edition
- Intermediate/Advanced Cadillac Manual
- Essential Stability Chair DVD, 3rd Edition
- Intermediate Stability Chair DVD, 3rd Edition
- Split-Pedal Stability Chair DVD
- Complete Stability Chair Manual
- Arc Barrel DVD
- Complete Arc Barrel Manual
- Ladder Barrel DVD
 - Complete Ladder Barrel Manual
- Spine Corrector DVD
- Complete Spine Corrector Manual

ADVANCED CADILLAC, CHAIR & BARRELS, level 2

Required materials:

Advanced Cadillac DVD, 2nd Edition
Advanced Stability Chair DVD, 3rd Edition

Students must have required materials from ICCB

Injury & Special Populations, ISP

Required materials:

- Be Kind to your Spine, Back Care level 1 DVD
- Pain Free Posture, Back Care level 2 DVD
- Standing Tall, Back Care level 3 DVD
- Spinal, Pelvic, & Scapular Stabilization on Equipment DVD
- Spinal, Pelvic, & Scapular Stabilization with Reformer & Vertical Frame DVD
- ISP Resource Guide, Manual
- Peripheral Joint Stabilization on Equipment DVD
- Peripheral Joint Stabilization with Reformer & Vertical Frame DVD

ADDITIONAL COURSE MATERIALS:

(Available at most book stores)

These titles are required for comprehensive courses and recommended for intensive courses:

Trail Guide to the Body, 2nd Ed, Andrew Biel
The Anatomy Colouring Book, Kapit & Elson

