



Intensive Pilates Apparatus Certification courses

Topic cover:

- Anatomy of Pilates,
- Principles of movements and biomechanics
- Posture analysis
- 35 Pilates Matworks
- Prevention and contraindication for injuries, scoliosis, osteoporosis, pregnancy,
- Teaching skills and program customization

All Inclusive Pilates Apparatus

Reformer-Cadillac -Chair- Barrel and props cover Beginner-Intermediate -Advanced exercises programs for private and small group classes .

Duration: 10 Days/ in-person training

Exam & Teaching Demonstration (additional 2 days)

Training Certification by Pilatesprop

Addition fee & post training requirements to apply for PhysicalMind Institute certification



Module 1: Pilates Mat & Reformer



Matworks & Pilates Reformer (Beginner-Advance)

Reformer exercises cover

- Beginner-Intermediate- Advance workout program
- Personalized program
- Contemporary repertoire

Module 2: Auxiliary Pilates Apparatus & Integrated Movements



Auxiliary Pilates Apparatus (Cadilla-Barre-Chair)

Basic- advanced choreography on

- Cadillac
- Barrel
- Mve Chair
- Spine Corrector
- Standing Pilates*
- Barre exercise
- Integrated movement



*USA Apparatus; Peak Pilates and educational materials from PhysicalMind Institute, USA



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Intensive Pilates Apparatus Training (IPAT)

Program Overview:

Duration: 10 Days | 9:00–16:00

Manuals:

PhysicalMind Institute - Pilates Apparatus student manual

Key concepts:

Contrology, body-mind connection, mobility, and balance, improving posture, and injury prevention

Format:

In-person, self-practice, post training observation and self study.

Reading resources:

Learning Objectives:

Concept of Pilates modality: breath, centering, control, precision, flow, concentration

Proficiency with reformer, Cadillac, chair, and barrel

Apply functional anatomy: core, spine, shoulders, hips

Enhance teaching skills: cueing, sequencing, safety

Assessment:

Written Test: Anatomy, Pilates principles, safety protocols

Practical Exam: Teach a complete beginner–intermediate session

Post-Training: 60 hrs continuing education, 75 hrs assist, 45 hrs observe, 60 hrs practice

Certification:

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Course outline

Day	Focus	Scope of work
Day 1	Introduction and Foundation	<ul style="list-style-type: none"> • Pilates Principles: Body analysis, palpitations, corrective breathing, core activation, fundamentals, and basic mat exercises. • Pilates Practice: Importance of alignment, posture, concentration, control, precision, and flow for safety, effectiveness, and body awareness. • Pilates Progression: Progressive exercises, consistent practice, mindful breathing, and integration into daily routines for posture improvement and functional movement.
Day 2	Connect and Control	<p>Explore more challenging mat exercises using props. Introduce the reformer apparatus and practice Exercise Recommendation: Explore more challenging mat exercises using props.</p> <ul style="list-style-type: none"> • Reformer Introduction: Introduce the reformer apparatus. • Exercise Goals: Practice dynamic stretches and balance exercises to enhance flexibility and coordination, dynamic stretches and balance exercises to enhance your flexibility and coordination.
Day 3	Flexibility and Balance Core Activation	<ul style="list-style-type: none"> • Program Goal: To improve mobility and fluidity. • Program Focus: Understanding joints and connective tissue.
Day 4	Upper Body Focus	<ul style="list-style-type: none"> • Workout Focus: Strengthening arms, shoulders, and upper back. • Exercise: Arm series on Reformer. • Coaching skills • Hands-on techniques
Day 5	Integrated Full-Body Workout	<ul style="list-style-type: none"> • Workout Recommendation: Combine mat and reformer exercises. • Workout Focus: Full-body workout. • Workout Tips: Emphasize fluid transitions, form, and control.
Day 6	Lower Body Conditioning	<ul style="list-style-type: none"> • Target Muscles: Legs, glutes, and hips. • Exercise Equipment: Pilates chair. • Exercise Benefits: Enhance lower body strength and stability.
Day 7	Breathing and Spinal Movements	<ul style="list-style-type: none"> • Focus of the Day: Restorative movements and Spinal movements. • Activities: Tower series and deep breathing techniques.

Day 8	Neurosomatic science and Advanced Techniques	<ul style="list-style-type: none"> • Exercise Recommendation: Advanced exercises on the reformer and tower. • Exercise Focus: Precision and control.
Day 9	Coaching ethics and business	<ul style="list-style-type: none"> • Coaching Definition: A professional relationship that helps individuals or groups achieve their goals through guidance, motivation, and feedback. • Ethics Definition: Principles and moral values that govern behavior, involving decisions that align with right and wrong, promoting integrity, fairness, and accountability. • Studio Business Definition: A creative or specialized business that offers services, manages resources, and fosters client relationships to ensure growth and success.
Day 10	Reflection and Future Planning	<ul style="list-style-type: none"> • Final Step: Conclude with a reflective session, reviewing progress and setting goals for continued practice. • Next Step: Develop a personalized plan to maintain and further your transformation.