

STOTT PILATES® Course Materials & Teaching Aids Required and Optional

Most Materials are in stock at the SweatShop and those that are not can be ordered from the Stott Pilates® website or by phone: www.stottpilates.com; 800-910-0001. Please plan to purchase materials before first day of class and call ahead to the SweatShop to check on product availability, 651-646-8418.

Please Note:

- Unless otherwise noted, all prices listed reflect cost of purchase at the SweatShop.
- Prices vary according to format purchased.
- Some material is required for multiple courses but only needs to be purchased once.

Intensive Mat-Plus courses IMP, CMR, level 1 required materials

- Mat/Reformer Support Materials Book*
- Comprehensive Matwork* Manual
- Essential Matwork* DVD
- Intermediate Matwork* DVD
- Sculpt & Tone, Flex-Band* Pilates level 1 DVD
- Power Fitness Circle* level 1 DVD

optional materials

- Arc Barrel video
- Advanced Matwork* DVD

Intensive Reformer courses IR, CMR, level 1 required materials

- Mat/Reformer Support Materials Book*
- Essential Reformer DVD
- Intermediate Reformer DVD
- Power Reformer DVD
- Reformer Modifications DVD
- Essential Reformer manual
- Intermediate Reformer manual

optional materials

- Advanced Reformer DVD
- Advanced Reformer manual

Intensive Cadillac, Chair & Barrels courses ICCB, CCCB, level 1 required materials

- Essential Cadillac DVD
- Intermediate Cadillac DVD
- Essential Cadillac manual
- Intermediate/Advanced Cadillac manual
- Essential Stability Chair* DVD

- Intermediate Stability Chair* DVD
- Split-Pedal Stability Chair* DVD
- Complete Stability Chair* manual
- Arc Barrel DVD
- Complete Arc Barrel manual
- Ladder Barrel video
- Complete Ladder Barrel manual
- Spine Corrector video
- Complete Spine Corrector manual

Optional materials

- Advanced Cadillac video
- Advanced Stability Chair* video

Advanced Matwork course AM, level 2

required materials

- Advanced Matwork* video 2nd edition

Advanced Reformer course AR, level 2

required materials

- Advanced Reformer video set of 2
- Advanced Reformer manual 2nd edition

Advanced Cadillac, Chair & Barrels course ACCB, level 2

required materials

- Advanced Cadillac video
- Advanced Stability Chair video
- Intermediate/Advanced Cadillac manual

Rehabilitation courses RMR1, RMR2, RCCB1, RCCB2

Required materials

- Be Kind to your Spine, Back Care level 1 video
- Standing Tall, Back Care level 3 video
- Lumbar Stabilization video
- Shoulder Stabilization video

Optional materials

- Essential Matwork* video 2nd edition
- Comprehensive Matwork* Manual
- Pain-Free Posture, Back Care level 2 video
- Essential Reformer video
- Essential Reformer manual 2nd edition
- Essential Cadillac video
- Essential Cadillac manual 2nd edition

Injury & Special Populations course ISP

Required materials

- Be Kind to your Spine, Back Care level 1 DVD
- Standing Tall, Back Care level 3 DVD
- Lumbar Stabilization DVD
- Shoulder Stabilization DVD
- ISP Manual

Optional materials

- Pain-Free Posture, Back Care level 2 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
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