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Double 'flip-over' book, Primary and Advanced Pilates Certification. POL1001 With the FiTOUR® Primary Pilates Certification, you will obtain a working knowledge in the following Pilates topics: History of Pilates; Benefits of Pilates; The 6 Principles of Pilates; Anatomy Involved in Pilates; and Beginner, Intermediate and Advanced Pilates Class Formats. After completing and passing the FiTOUR® Pilates Certification, you will be able to apply the Beginner, Intermediate, and Advance class formats, and teach a safe and effective Pilates class. With the FiTOUR® Advanced Pilates Certification, you will obtain a deeper knowledge of the theories of contrology through practical application presented by Joseph H. Pilates. In addition to the review of the Beginner and Intermediate exercises, you will learn the Advanced exercises along with incorporating small apparatuses such as rings, bands, and hand weights. After completing and passing theFiTOUR® Advanced Pilates Certification, you will be able to continue to teach Beginner and Intermediate Class Formats while incorporating small apparatuses. In addition, you will be able to teach a safe and effective Advanced Pilates Class Format while applying modifications for special conditions. Your participants will be sure to progress into having a long, lean, well-defined body with the FiTOUR® Advanced Pilates Certification.



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