

Required Course Materials



Intensive Mat-Plus Courses IMP, CMR, level 1

Required materials

- ▶ Mat/Reformer Support Materials Book*
- ▶ Comprehensive Matwork* Manual
- ▶ Essential Matwork* video 2nd edition
- ▶ Intermediate Matwork* video 2nd edition
- ▶ Sculpt & Tone, Flex-Band* Pilates level 1 video
- ▶ Power Fitness Circle* level 1 video

optional materials

- ▶ Arc Barrel video
 - ▶ Advanced Matwork* video 2nd edition
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Intensive Reformer Courses IR, CMR, level 1

Required materials

- ▶ Mat/Reformer Support Materials Book*
- ▶ Essential Reformer video 2nd edition
- ▶ Intermediate Reformer video
- ▶ Power Reformer video
- ▶ Reformer Modifications video
- ▶ Essential Reformer manual 2nd edition
- ▶ Intermediate Reformer manual 2nd edition

Optional materials

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

NOTE: The Mat/Reformer Support Book is required for two level 1 courses but only needs to be purchased once.

Advanced Matwork Course AM, level 2

Required materials

- ▶ Advanced Matwork* video 2nd edition

- ▶ Mat/Reformer Support Materials Book*
 - ▶ Comprehensive Matwork* Manual
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Advanced Reformer Course AR, level 2

Required materials

- ▶ Advanced Reformer video set of 2
 - ▶ Advanced Reformer manual 2nd edition
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Advanced Cadillac, Chair & Barrels Course ACCB, level 2

Required materials

- ▶ Advanced Cadillac video
 - ▶ Advanced Stability Chair video
 - ▶ Intermediate/Advanced Cadillac manual
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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
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Required Course Materials



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

Required materials

- ▶ Essential Cadillac video
- ▶ Intermediate Cadillac video
- ▶ Essential Cadillac manual 2nd edition
- ▶ Intermediate/Advanced Cadillac manual
- ▶ Essential Stability Chair* video
- ▶ Intermediate Stability Chair* video
- ▶ Split-Pedal Stability Chair* video
- ▶ Complete Stability Chair* manual
- ▶ Arc Barrel video
- ▶ 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

Injury & Special Populations course ISP

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
- ▶ ISP Manual

Optional materials

- ▶ Pain-Free Posture, Back Care level 2 video

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 Coloring Book, Kapit & Elson

To have a complete information package and course application forms mailed to you, please forward your mailing address by email to us at: info@volarpilates.com or phone us at: **212-581-8151**.

Toll-free #: 1-800-71-VOLAR

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