



Peak Pilates® Comprehensive Certification

The Peak Pilates® Comprehensive Certification is a three-level modular program designed to deliver the highest quality authentic Pilates education. Rooted in classical Pilates, the Peak Pilates® Comprehensive Certification covers the full breadth of traditional Pilates, while also leaving room for more advanced exercises, repertoires and teaching styles.

EDUCATION – What Makes Peak Pilates® Unique?

We take the time to show instructor candidates not just what to teach, but how to teach, focusing time and attention on each individual instructor's journey and style.

The three-level pathway to comprehensive certification allows teachers to progress at their own pace. An extensive Teacher Trainer Network also ensures support and opportunities for mentorships that empower students to become effective instructors and genuinely feel part of the Pilates community.

Each level is comprised of specific modules, generally scheduled over two days. Students may earn a certification at each level by attending all modules, completing all assignments, successfully completing assessments, submitting logged hours and receiving passing scores on assessments. To earn the Peak Pilates® Full Comprehensive Certification, you must complete all program levels, assignments, logged hours, and receive passing scores on all assessments.

FIND A TRAINING: <https://peakpilates.com/education/find-a-training/>



Level 1 (4 live modules)

Course Prerequisites: It is recommended, but not required, that the participant enters with an understanding of basic anatomy from previous certifications in fitness and movement, or through an online or live anatomy course. Additionally, we recommend that the instructor take a minimum of 10 classical Pilates private lessons or group classes. CPR/AED and First Aid are highly recommended, but not required.

Module 1 (2 days) \$685 includes materials

- Explore the introductory exercises for the mat, reformer, Cadillac, and wall.
- Introduction to the anatomy of the Powerhouse and how it relates to Pilates and movement.
- Gain an understanding of foundational movement principles and Pilates history.
- Discover how to use the 5-Part Formula in teaching an introductory full session private lesson.

Course Materials included with registration: Peak Pilates Introductory Virtual Manual, Exercise Pages and online video library for Intro Mat, Reformer, Tower, and Wall, Level I Mat Progressions online workout video, Full Session Online Video Workout, narrated PPT presentations, online audio tutorials, handouts, and the Module 1 Study Guide.

Module 2 (2 days) \$685 includes materials

- Learn Level 1 Add-in exercises for the mat, reformer and Cadillac.
- Discover new Part C exercises on small barrel and ladder barrel.
- Add on to Part D with Power Circle exercises.
- Deepen the ability to apply the 5-Part Formula for Success to ensure effective teaching. Explore the role of touch in teaching.
- Examine movement patterns and how they reverberate through the Pilates system.
- Benefit from personalized coaching on live courses that are aimed at accelerating practical skills.

Pre-Requisite: Completion of Module 1.

Course Materials included with registration: Module 2 Peak Pilates Online Exercise Library and Exercise Pages, Virtual Manual, Beginner Dynamic Mat online workout video, narrated PPT presentations, handouts, online audio tutorials, and the Module 2 Study Guide.

Module 3 (2 days) \$685 includes materials

- Refine teaching skills, explore progression with additional Part C/ Individual Needs exercises on the Cadillac, Spine Corrector, Ladder Barrel, and Chairs.
- Explore teaching entry level Reformer classes for healthy students.
- Prepare for working with chronic lower back pain of an unspecific nature.

Pre-Requisite: Completion of Modules 1 & 2.

Course Materials included with registration: Module 3 Peak Pilates Online Exercise Library, Exercise Pages, Study Guide, Virtual Manual, narrated PPT presentations and online audio tutorials.

Module 4 (2 days) **\$685 includes materials**

- Assessment of exercise technique, Group Mat and Reformer teaching, and Private Full Session teaching.

Pre-Requisites: 100% attendance of Modules 1, 2 and 3. Completion of all 100 required hours for observation, exercise technique, practice teaching practice and assignments in the Study Guide for all modules. The Level I online theoretical exam must be completed prior to attending this module.

Course Materials: Level I Module 4 Study Guide, Module 4 Virtual Manual, Case Studies, Student Assessment Guide, Self-Evaluation Tools, and Practice Exam are included with registration.

Level 2 (3 live modules)

Module I (2 days)

- Learn to perform and teach the Intermediate Exercises on mat, reformer, Cadillac/tower, barrels, chairs, and endings.
- Prepare to teach Intermediate Full Session lessons and to teach Group Tower Class.
- Expand teaching tools and vocabulary.
- Deepen the ability to 'see' the body and make corrections with impact.
- Explore the anatomy and kinesiology of the upper body.
- Gain a greater understanding of Shapes in Space and progression.
- Prepare to work with common neck and upper body issues.
- Benefit from personalized coaching during live courses, which is aimed at accelerating practical skills.

Course Prerequisites: Successful completion of PPC-I. Completion of 100 hours post PPC-I comprising 40 hours of personal practice, 20 hours of teaching, and 20 hours of observation. CPR/AED and First Aid are highly recommended, but not required.

Course Materials included with registration: Level II Module 1 Study Guide, Level II Module 1 Exercise reference guide, video libraries for Level II Mat, Reformer, Cadillac, and The Arm Weight Series, Narrated presentations, tutorials, and handouts.

Module 2 (2 days)

- Learn to perform and teach the Intermediate Exercises on mat, reformer, Cadillac/tower, barrels, chairs, and endings.
- Prepare to teach Intermediate Full Session lessons and to teach Group Tower Class. Expand teaching tools and vocabulary.
- Deepen the ability to 'see' the body and make corrections with impact.
- Explore the anatomy and kinesiology of the upper body.
- Gain a greater understanding of Shapes in Space and progression.
- Prepare to work with common neck and upper body issues.
- Benefit from personalized coaching in live courses aimed at accelerating practical skills.

Course Prerequisites: Successful completion of PPC-II-Module 1.

Course Materials included with registration: Level II Module 2 Study Guide, Level II Module 2 Exercise reference guide, video libraries for Level II Mat, Reformer, Cadillac, and The Arm Weight Series, Narrated presentations, tutorials, and handouts.

Module 3 (1 day)

- Theoretical Online Assessment
- Exercise Technique Assessment
- Full Session Teaching Assessment
- Group Class Teaching: Mat on the Tower

Course Prerequisites: Successful completion of PPC-II, Module 2.

Level 3 (3 live modules)

Module 1 (2 day)

- Learn to perform and teach the Advanced Exercises on Mat, Reformer, Cadillac/tower, barrels, chairs, Ped-o-Pul, towel, foot corrector, sandbag, and jump board.
- Prepare to teach Advanced Full Session Private Lessons as well as to teach group Chair Class.
- Expand the ability to quickly identify body imbalances and employ solutions through verbal and tactile cueing as well as exercise selection.
- Deepen understanding and application of Progression Guidelines.
- Explore the anatomy and kinesiology of the lower body.
- Discover solutions for working with common lower body issues.
- Gain a greater understanding of Shapes in Space and progression.

- Explore progression and holistic teaching through case study work.
- Benefit from personalized coaching in live courses aimed at accelerating practical skills. Course Prerequisites:

Course Prerequisites: Successful completion of PPC-II. CPR/AED and First Aid are highly recommended, but not required.

Course Materials included with registration: Level III Module 1 Study Guide, Level III Module 1 Exercise reference guide, video libraries, Narrated presentations, tutorials, and handouts, Advanced Dynamic Mat, Advanced Full Session and Group Chair Challenge workout videos.

Module 2 (2 day)

- Learn to perform and teach the Advanced Exercises on mat, reformer, Cadillac/tower, barrels, chairs, Ped-o-Pul, towel, foot corrector, sandbag and jump board.
- Prepare to teach Advanced Full Session Private Lessons and to teach group Chair Class.
- Expand the ability to quickly identify body imbalances and employ solutions through verbal and tactile cueing as well as exercise selection.
- Deepen understanding and application of Progression Guidelines.
- Explore the anatomy and kinesiology of the lower body.
- Discover solutions for working with common lower body issues.
- Gain a greater understanding of Shapes in Space and progression.
- Explore progression and holistic teaching through case study work.
- Benefit from personalized coaching on live courses aimed to accelerate practical skills.

Course Prerequisites: Successful completion of PPC-III, Module 1.

Course Materials included with registration: Level III Module 2 Study Guide, Level III Module 2 Exercise reference guide, video libraries, Narrated presentations, tutorials, and handouts.

Module 3 (1 day)

- Theoretical Online Assessment
- Exercise Technique Assessment
- Full Session Teaching Assessment
- Group Class Teaching: Chair Challenge

Prerequisites for Assessment: Successful completion of Modules 1 and 2. Completion of all Study Guide assignments and required hours.