

Course Materials & Teaching Aids – Required & Optional

Save 10% off retail prices by purchasing course packages

Course packages contain all required materials. Package prices reflect 10% discount. Discount available on phone orders only.

*Note: the **Matwork & Reformer Support Materials Book** is required for two courses but only needs to be purchased once.

Matwork – Level 1 (courses IMP, CMR)	CAT #	US \$
Required Materials:		
Matwork & Reformer Support Materials Book*	ST-08050	21.95
Mat-Plus Course Package – DVD	DV-80335	149.00
Course Package Includes: Comprehensive Matwork Manual; 4 video titles (Essential Matwork 3rd Ed, Intermediate Matwork 3rd Ed, Sculpt & Tone, Fitness Circle Challenge)		
Optional Items:		
Arc Barrel Workout DVD	DV-80014	44.95
Advanced Matwork DVD, 3rd Ed.	DV-81149	39.95

Reformer – Level 1 (courses IR, CMR)	CAT #	US \$
Required Materials:		
Matwork & Reformer Support Materials Book*	ST-08050	21.95
Reformer Course Package – DVD	DV-80336	185.00
Course Package Includes: 2 Manuals (Essential Reformer, Intermediate Reformer); 2 DVDs (Essential Reformer 3rd Ed, Intermediate Reformer includes BONUS modifications)		
Optional Items:		
Advanced Reformer manual	ST-08058	75.00
Advanced Reformer, 2nd Ed DVD, 2 discs	DV-81153	44.95

Cadillac, Chair & Barrels – Level 1 (courses ICCB, CCCB)	CAT #	US \$
Required Materials:		
CCB Course Package – DVD	DV-80337	619.00
Course Package Includes: 6 manuals (Essential Cadillac, Intermediate/Advanced Cadillac, Complete Stability Chair, Complete Arc Barrel, Complete Ladder Barrel, Complete Spine Corrector); 8 DVDs (Essential Cadillac, Intermediate Cadillac, Essential Stability Chair, Intermediate Stability Chair, Split-Pedal Stability Chair, Arc Barrel Workout, Spine Corrector/Spine Supporter, Ladder Barrel)		
Optional Items:		
Advanced Cadillac DVD	DV-80029	44.95
Advanced Stability Chair DVD	DV-80020	44.95

Additional Course Materials: Available at most book stores, these titles are required for all Comprehensive courses and recommended for Intensive courses

- ▶ Trail Guide to the Body, 2nd Ed – *Andrew Biel*
- ▶ Muscular System Flash Pak – *Bryan Edwards*
- ▶ Anatomy of Movement – *Blandine Germain*

Group SPX™ Mat-Plus – Modules 1&2

Required Materials:		
Module 1 Course Package – DVD	DV-80340	115.00
Course Package Includes: Comprehensive Matwork Manual, 3 DVDs (Essential Matwork 3rd Ed, Total Body Sculpting, Fitness Circle Challenge)		
Module 2 Course Package – DVD	DV-80341	55.00
Course Package Includes: 2 DVDs (Intermediate Matwork 3rd Ed, Toning Ball Workout)		
Also required: Module 1 course package		

Group SPX™ Reformer – Modules 1&2

Required Materials:		
Module 1 Course Package – DVD	DV-80342	95.00
Course Package Includes: Essential Reformer Manual 2nd Edition, Essential Reformer DVD (includes Reformer Modifications, Rack & Roll Reformer workout, and Plyometrics clip)		
Required Materials:		
Module 2 Course Package – DVD	DV-80343	95.00
Course Package Includes: Intermediate Reformer Manual 2nd Ed and Intermediate Reformer DVD		

Matwork – Level 2 (course AM)	CAT #	US \$
Required Materials:		
Advanced Matwork, 3rd Ed DVD	DV-81149	39.95
Also required from Level 1: Comprehensive Matwork manual		

Reformer – Level 2 (course AR)	CAT #	US \$
Required Materials:		
Advanced Reformer, 2nd Ed DVD, 2 discs	DV-81154	44.95
Advanced Reformer manual, 2nd Ed	ST-08058	75.00

Cadillac, Chair & Barrels – Level 2 (course ACCB)	CAT #	US \$
Required Materials:		
Advanced Cadillac DVD	DV-80029	44.95
Advanced Stability Chair DVD	DV-80020	44.95
Also required from Level 1: entire package except Essential Cadillac manual, Essential Cadillac DVD, Essential Stability Chair DVD		

Injuries & Special Populations (course ISP)	CAT #	US \$
Required Materials:		
ISP Course Package – DVD	DV-80338	175.00
Course Package Includes: ISP manual; 2 Back Care DVDs (Be Kind to your Spine, Standing Tall); 2 Rehab DVDs (Lumbar Stabilization, Shoulder Stabilization)		
Optional Items:		
Pain-Free Posture (Back Care level 2) DVD	DV-80089	14.95



Instructional Manuals (individually priced)	CAT #	US \$
Comprehensive Matwork	ST-08005	55.00
▶ in French	MN-21005	55.00
▶ in Spanish	MN-26005	69.00
▶ in Japanese	MN-23005	69.00
Essential Reformer	ST-08016	59.00
▶ in French	MN-21016	59.00
▶ in Spanish	MN-26016	75.00
▶ in Japanese	MN-23016	75.00
Intermediate Reformer	ST-08017	59.00
▶ in French	MN-21017	59.00
▶ in Spanish	MN-26017	75.00
▶ in Japanese	MN-23017	75.00
Advanced Reformer	ST-08058	75.00
Essential Cadillac	ST-08009	75.00
Intermediate/Advanced Cadillac	ST-08010	85.00
Complete Stability Chair	ST-08015	59.00
Complete Arc Barrel	ST-08011	39.00
Complete Ladder Barrel	ST-08012	39.00
Complete Spine Corrector	ST-08013	39.00

Client Workout Sheets ⁺	US \$
8-1/2" x 11" pads of 100, 12 titles	16.95

Wall Chart Workout Posters ⁺	US \$
12 titles, sold separately	29.95

+ Available in the following 12 titles:

- Essential Matwork, Intermediate Matwork, Advanced Matwork,
- Essential Reformer, Intermediate Reformer, Advanced Reformer,
- Essential Cadillac, Intermediate/Advanced Cadillac, Complete Stability Chair,
- Complete Arc Barrel, Complete Ladder Barrel, Complete Spine Corrector

US Dollars. Prices subject to change

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