



IFPTF (INTERNATIONAL FITNESS, PILATES & PERSONAL
TRAINING FEDERATION), IN COLLABORATION
WITH THE FEDERACIÓN ESPAÑOLA DE PILATES, GIVES THIS
DIPLOMA

To:

Silvia García Cuesta

in recognition for studies with maximum achievement in the **MAT PILATES**

IFPTF CEO Signature



Student Signature

Madrid, 4 de Diciembre de 20 22

MAT PILATES TRAINING

Course program:

100 hours course

- JH PILATES LIFE, CONTROLOGY THEORY, ETC.
- BIOMECHANICS, PHYSIOLOGY AND PATHOLOGY THEORY.
- GENERAL ANATOMY -SPECIFIC ANATOMY THEORY.
- BASIC CONCEPTS OF MEDICINE - AND BACK PATHOLOGIES.
- BREATHING PRACTICE SPECIFIC PRE PILATES.
- PRACTICE - PLACEMENT, WARM UP, RELAXING., ETC.
- PILATES PRACTICES:
 - BASIC LEVEL EXERCISES.
 - EXERCISES INTERMEDIATE.
 - ADVANCED EXERCISES.
- Props- FIT BALL, FOAM ROLLER, MAGIC CIRCLE, MINIBALLS, ETC.

*Pilates is a non-regulated training. This is a non official degree & non-academic valued.

Student Name and Surname/Last name:.....**Silvia García Cuesta**..... ID: **44582205V**.....