

The Plexus Method: Teacher Training Prospectus

Overview

The Plexus Method is a revolutionary approach to health and fitness, created to meet the real needs of the body and mind. Most health methods offer quick fixes. We go deeper. From age-related changes to chronic pain and injury recovery, the Plexus Method offers a powerful, long-term solution for building sustainable strength, resilience, and mobility.

What Makes It Unique

The method is built around a 7-tier system known as the Plexus Pyramid, which draws inspiration from yoga philosophy and is adapted for modern functionality. It integrates classical Pilates, applied anatomy, and orthopedic principles, offering a unique, layered approach to both rehabilitation and performance training.

The Plexus Pyramid: A 7-Tier System

1. Resistance - Establishes protective stability by activating deep muscles through co-contraction and bracing, preventing injury and creating a base of support.
2. Strength - Encourages muscular and skeletal growth through progressive loading and proper technique, especially important for clients with limitations or post-injury needs.
3. Stamina - Trains physical and mental endurance to maintain form and power over time, avoiding fatigue-related injuries.
4. Flexibility - Restores and expands joint mobility and muscular range, providing adaptability to various types of motion and demand.
5. Elasticity - Builds dynamic resilience, allowing tissues to rebound and coordinate effectively during multi-directional movements.
6. Agility - Fosters refined neuromuscular control, reaction, and fluid, unconscious movement through repetition and sensory awareness.
7. Balance - Represents the culmination of all tiers: a state of physical harmony, alignment, and

internal stability - not only in movement, but in one's sense of self.

Each layer must be understood and embodied before advancing to the next, creating a structured, integrative pathway to long-term health.

What You'll Learn

- The full Plexus Method system: movement, anatomy, philosophy, biomechanics
- How to take a client from post-rehabilitation to athletic performance
- How to create long-term change through smart, personalized programs
- Techniques from physiotherapy and Pilates to support every body type and condition

Who It's For

- Physiotherapists and clinicians seeking to expand their tools
- Movement instructors wanting deeper anatomical understanding
- Trainers and coaches aiming to bridge rehabilitation and high performance

Course Format

- 8 structured modules
- Available online and in-person
- Taught by Jonathan Medros - Plexus Method creator, certified orthopedic physical therapist, and featured movement expert on national Italian television (La Porta Magica)

Accreditation

- Certified by ASI (Italian Association of Sport)
- Affiliated with CONI (Italian National Olympic Committee)

Call to Action

Ready to lead with knowledge, integrity, and impact?

Join our growing community of certified Plexus Method instructors today.

Download the full prospectus at: [Insert button/download link]