

10 MANIA® Fitness Pro Conventions

DC MANIA® February
CALIFORNIA MANIA® March
FLORIDA MANIA® May
ATLANTA MANIA® July
DALLAS MANIA® August
MIDWEST MANIA® October
BOSTON MANIA® December
LIVE STREAM MANIA® April/June/Sept

SCW MANIA
ABOUT THE CONVENTION

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LIVE STREAM CERTIFICATIONS

35+ NATIONALLY
RECOGNIZED CERTIFICATIONS
FROM THE COMFORT &
CONVENIENCE OF HOME.

www.scwfit.com/Online

- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HITT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MORE IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II

SCW AFAA ACE AEA NASM ACSM AEA NFPT

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20% OFF!

\$6.58/Month or \$79/year
(Norm. \$8.25 month or \$99/year)

USE CODE: MANIA20

SCW OnDemand

Always On.

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150+ Leading Presenters
20+ Fitness & Health Topics Available

www.scwfit.com/Online

SCW OnDemand is an extensive premium video subscription service that puts instant access to over 500 unique workouts right at your fingertips, 24/7. Available on your computer or mobile device, this exciting collection grows every MANIA as our sessions are filmed live with the top Fitness Industry Presenters.

www.scwfit.com/OnDemand

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ONLINE CEC VIDEOS

Earn CECs in the comfort and convenience of your home!

Online CEC Videos

Earn CECs at Home.

SCW CEC Online Video Courses allows you to gain continuing education credits (CECs) while broadening your fitness skills. Accepted by SCW, ACE, AFAA, NASM, ACSM, AEA, NFPT and other organizations, these courses include 24/7 streaming videos (filmed live at conventions), power point presentations, exams and downloadable certificates of completion.

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140+ More Videos

Exercise & Aquatics
Tabata Bootcamp
Barre Distend
ESP 123
Metabolism
Dynamics Anatomy
Pilates Yoga
Relax & Recharge
Aquatics Kickboxing

scwfit.com/CECs

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Virtual Training Certification

Enjoy this one-of-a-kind educational series on how to successfully run a virtual Group Ex class, Personal Training session and progressive program. Everything from start-up to sign off will be addressed to take your training to the next level.

www.scwfit.com/virtualtraining

- Lights
- Camera
- Action

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www.TrainWithTheTrainers.com

TRAIN WITH THE TRAINERS

We're bringing the world's finest trainers directly to you by offering real-time classes at only \$10 each through zoom. Get top notch training and the best fitness education the industry has to offer without even leaving your home.

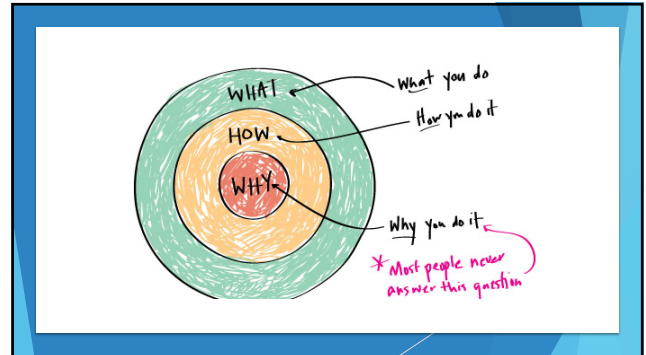
www.TrainWithTheTrainers.com

jeff howard
SCW STAR PRESENTER

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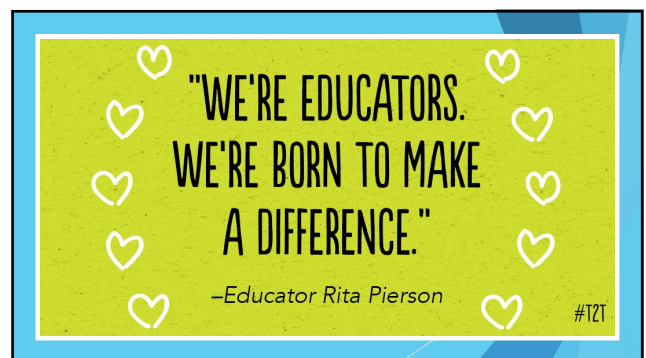
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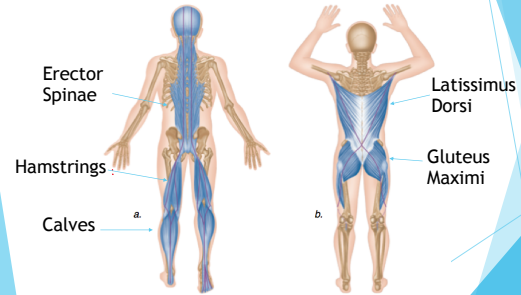
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WHY do we train in the WATER?

- Multidirectional resistance
- Safe, low impact environment
- Increased range of motion
- Therapeutic qualities
- **TO FUNCTION BETTER ON LAND**

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The Posterior Chain



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Why strengthen the Posterior Chain?

- ▶ Stabilise the knee, pelvis and spine
- ▶ Assist activities such as running, jumping and changes of direction
- ▶ Produce strength and speed and improve physical performance
- ▶ Decrease the risk of injury

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Functional Training

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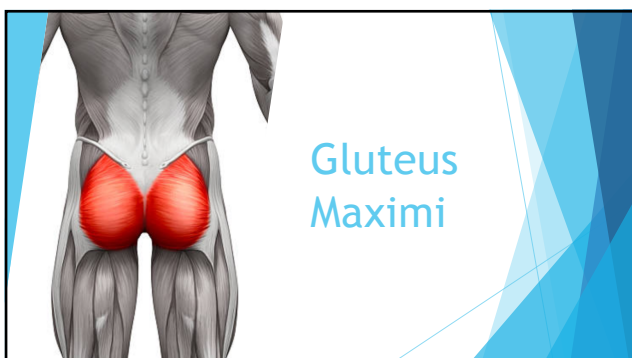


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Benefits of Strengthening Hamstrings

- ▶ Stabilises the knee joints and pelvis
- ▶ Improves posture
- ▶ Decreases risk of leg injuries
- ▶ Absorb the shock of movements involving high velocity or force and help to decelerate speed on descent to lower the amount of pressure on the joints in your lower body
- ▶ Helps with athletic performance to run faster and improve explosive power

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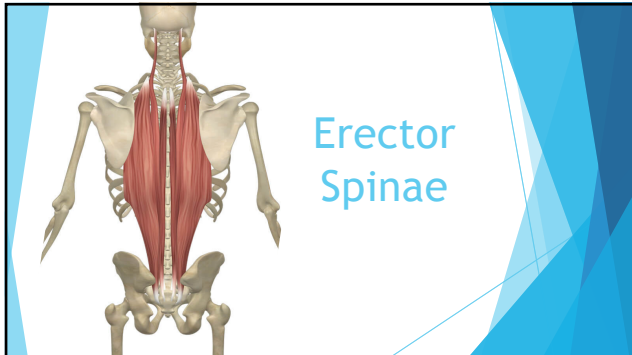


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Benefits of Strengthening Glute Max

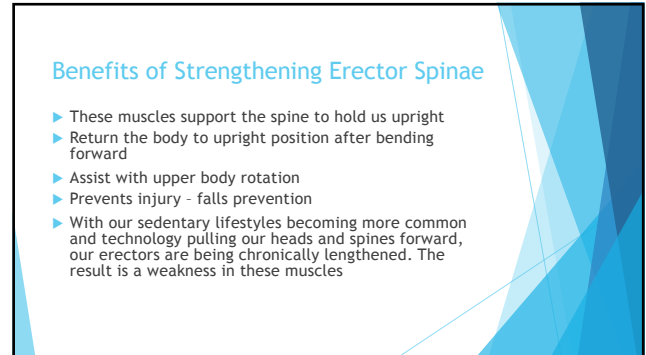
- ▶ Stabilises the hip joint and pelvis
- ▶ Helps prevent knee pain, low back pain, hamstring and groin pain
- ▶ Improves athletic performance including speed and agility
- ▶ Being the largest muscles in the body, they assist in everyday activities such as walking, running and climbing stairs

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Erector Spinae

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Benefits of Strengthening Erector Spinae

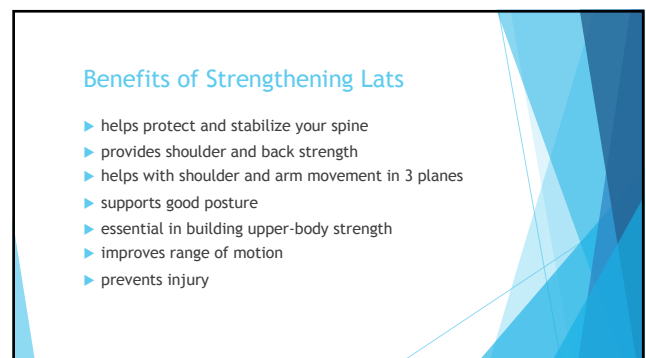
- ▶ These muscles support the spine to hold us upright
- ▶ Return the body to upright position after bending forward
- ▶ Assist with upper body rotation
- ▶ Prevents injury - falls prevention
- ▶ With our sedentary lifestyles becoming more common and technology pulling our heads and spines forward, our erectors are being chronically lengthened. The result is a weakness in these muscles

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Latissimus Dorsi

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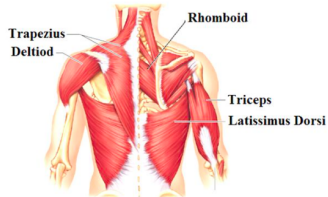


Benefits of Strengthening Lats

- ▶ helps protect and stabilize your spine
- ▶ provides shoulder and back strength
- ▶ helps with shoulder and arm movement in 3 planes
- ▶ supports good posture
- ▶ essential in building upper-body strength
- ▶ improves range of motion
- ▶ prevents injury

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For Posture's sake



- ▶ Trapezius
- ▶ Rhomboids
- ▶ Posterior Deltoids
- ▶ Triceps

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Benefits of Strengthening Traps and Rhomboids

- ▶ Improves posture as they pull the shoulders and shoulder blades back
- ▶ Helps stabilize your neck and upper back
- ▶ Everyday movements such as lifting, reaching, bending, and even sitting are more efficient and safer

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Compound Exercises

Exercises that work multiple muscle groups at the same time



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Key considerations

Workouts in Sagittal Plane

Bouyancy assisted and resisted

Equipment

Muscle pairing benefits

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