

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

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LIVE STREAM CERTIFICATIONS

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

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- 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
- MOMS 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 AFAA NASM ACSM AEA NFPT

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- Lights
- Camera
- Action

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jeff howard
 SCW STAR PRESENTER

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Advanced Functional Pilates
2020IDEA Personal Trainer of The Year
PMA ACSM NASM FAFS Gray Institute
With Leslee Bender

Thank-you for attending:

This program can be utilized with all levels of students as it is intended for the general population not the elite dancer

The exercises given are inspired by Joseph Pilates but given the consideration of today's society. Traditional Pilates is that primarily of flexion or dangerous hyper-extension which should not be taught in any manner for the students who come to our sessions unless they are a professional athlete or dancer. The exercises are standing in which the core is actually activated as opposed to supine. REMEMBER: It is not the quantity in which we train it is the quality in which we train

Why tri-plane

The Body moves in all three dimensions and understanding it is crucial to give students exercises that actually lengthen the tissue

Sagittal is anterior and posterior of your body

frontal is either right lateral or left lateral of your body Pilates Strong

Transverse is rotational and not affected by gravity

1. The traditional way of thinking about core work is not only crunches.
2. Understand the kinetic chain reaction of how the body reacts to gravity
3. Understand how the feet are the most important part of core AND MIND BODY training
4. Understand how postural issues affect the core dramatically
6. You will learn the functional approach to core muscular firing patterns and the relationship to the feet and how to easily explain them to students
7. You will learn and understand why muscles prefer to be lengthened than shortened
8. You will learn that through total body training that the body needs to be conditioned in all three planes of motion and how when not done creates muscular imbalances.

SAMPLE MIND BODY CLASS

The main point to get across is the purpose of every move and explains where you want a student to feel it

1. Foot massage

Foot awareness influences postural issues.....

It is good to look at a students feet.

1. pronated foot can lead to tight calves weak glutes
2. supinated foot can lead to tight anterior tibialis,hamstrings and glutes
3. lordosis
4. kyphosis

Why do a postural 'observation' first ? Whether your class is large or small you need to know what exercises are designed for what issue and the purpose. We have been conditioned to only memorize exercises and never the purpose, which leads to injuries and especially the low back. Look at your students no really look at them are they actually performing the exercises correctly? When you offer standing then you have the opportunity to be standing with them and above all facing them to observe their alignments and not with your back to them.

Sample vertical exercises that can be incorporated into any class! This will make it functional, new, progressive and innovative

Tools that simulate apparatus

Gliding™ reformer

Bender Ball™ Spine Corrector

Tubing Both reformer or springboard

Warm up

Calf lengthening to simulate foot work on the footwork

Anterior and posterior hip lengthening

Squat to simulate foot work

Knee balance to simulate single leg foot work

Curtsey lunge to lengthen the lateral hip

Simple Vertical Class

Standing 100's with ball

Standing spine twist with ball

Standing saw with ball

Standing balance with ball

Rotational balance

Standing mermaid

Gliding eves lunge reformer

Gliding lunge transverse reformer

Gliding lunge frontal reformer

Partner tubing rows spring board

Partner chest expansion spring board

Partner hug a tree spring board

Seated ½ roll up with bender Ball spine corrector

Seated rotation with Bender Ball spine corrector

Side lying lateral flexion with Bender Ball spine corrector

Supine bridge with Bender Ball

Supine psosas stretch with Bender Ball

Thank-You for attending

Please contact leslee@thepilatescoach.com

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