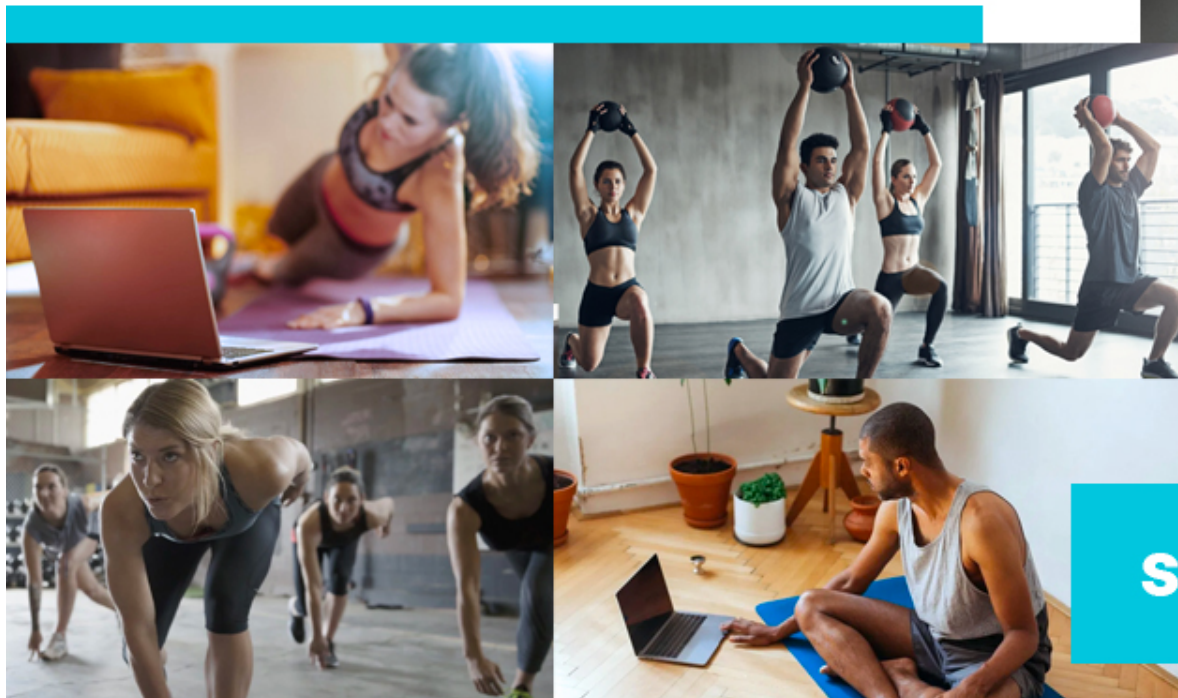


SCW

MANIA[®]

Fitness Pro Conventions



scwfit.com/MANIA

Live Stream MANIA® Sponsor Discounts

Exclusive Deals from the Best Sponsors



Watch Video ▶

Exclusive Offer →



Watch Video ▶

Coupon SCWLIGHT →



Watch Video ▶

Coupon MANIA10 →



Watch Video ▶

Redeem Offer →



Watch Video ▶

Coupon PRENATAL25 →



Watch Video ▶

\$50 Off →



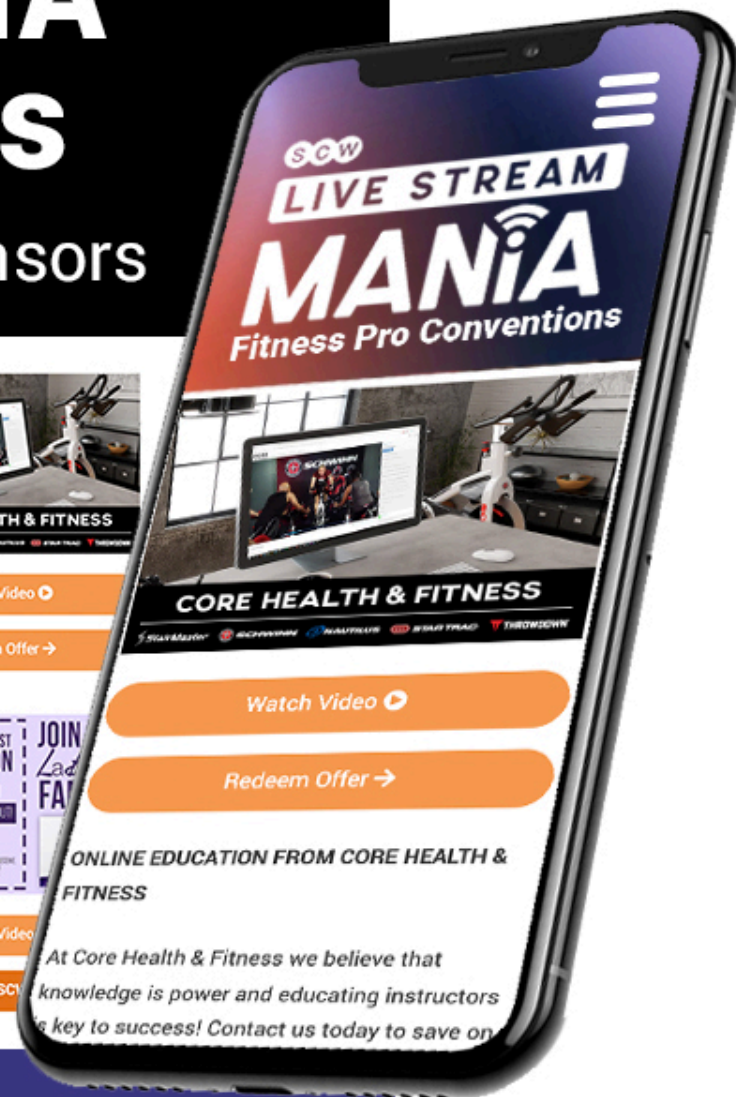
Watch Video ▶

Coupon SCWFITNESS →

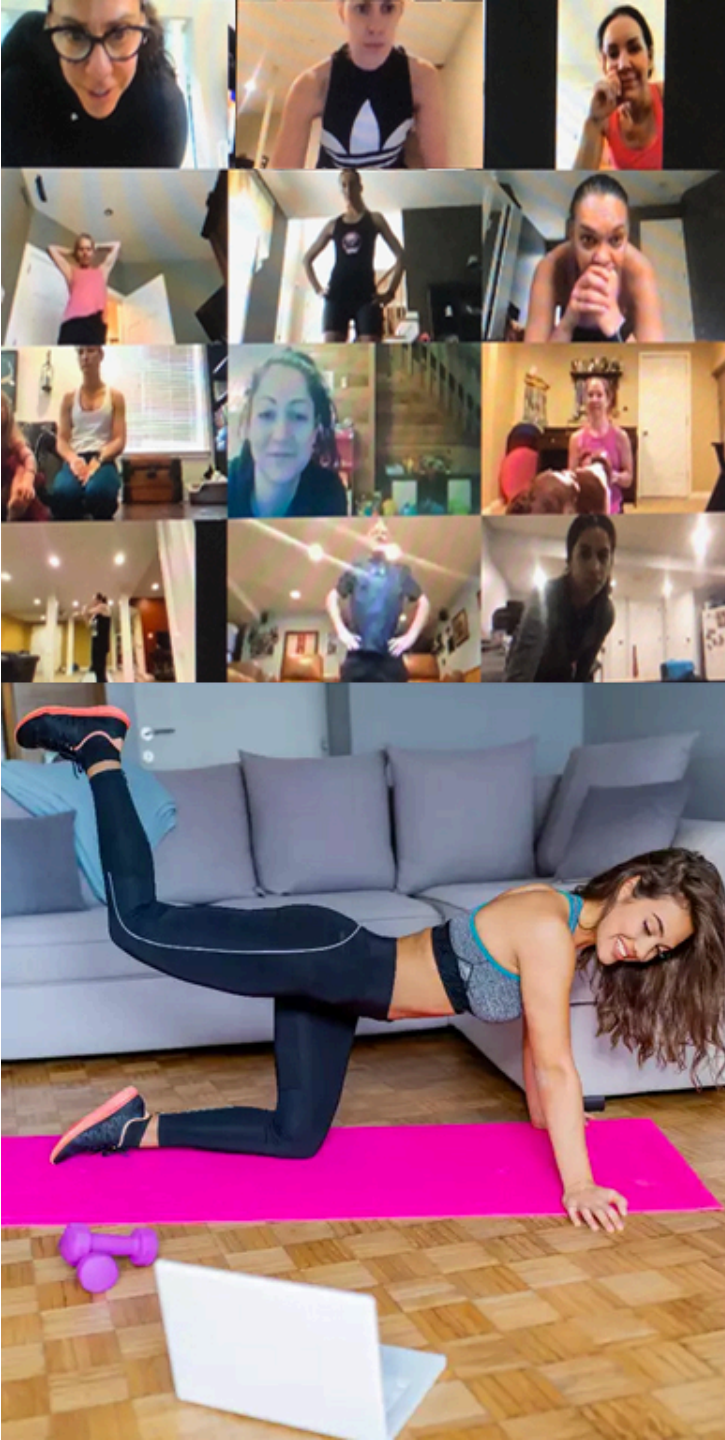


Watch Video ▶

Coupon SCW →



LiveStreamMANIA.com/Coupons



#SCWMANIA @SCWfitness



facebook.com/scwfitness



twitter.com/scwfitness



instagram.com/scwmania

20% OFF!

**\$6.58/Month or
\$79/year**

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

USE CODE: MANIA20

500+

Educational Videos

70+

Leading Presenters

20+

**Fitness & Health
Topics Available**

SCW
On Demand

scwfit.com/OnDemand

- 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
- HIIT
- 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
- T'AI CHI
- WATERINMOTION®
- WEIGHT MANAGEMENT
- YOGA I & II



CERTIFICATIONS

35+ NATIONALLY RECOGNIZED. ONLINE + LIVE.

FREE LIVE COURSE included with
every Online Certification
within 1 year

scwfit.com/certifications





ONLINE CEC VIDEOS

Earn CECs in the comfort and convenience of your home!



scwfit.com/CECS



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

Virtual Training Certification



Lights



Camera



Action



TRAIN WITH THE TRAINERS

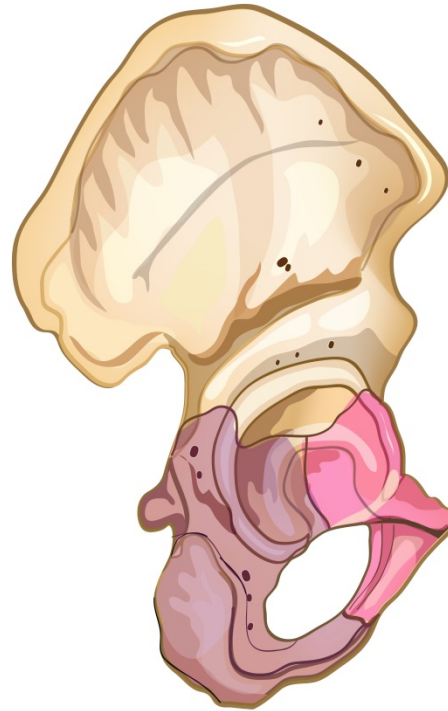
We're bringing the world's finest trainers directly to you by offering real-time classes at only \$10 each through zoom. Get top notch training and the best fitness education the industry has to offer without even leaving your home

A man with short blonde hair, wearing a black V-neck t-shirt and light blue athletic pants, is performing a plank exercise on a wooden floor. He is in a low, stable position with his arms extended and hands flat on the floor. In the background, a portion of a tan leather sofa with patterned cushions is visible.

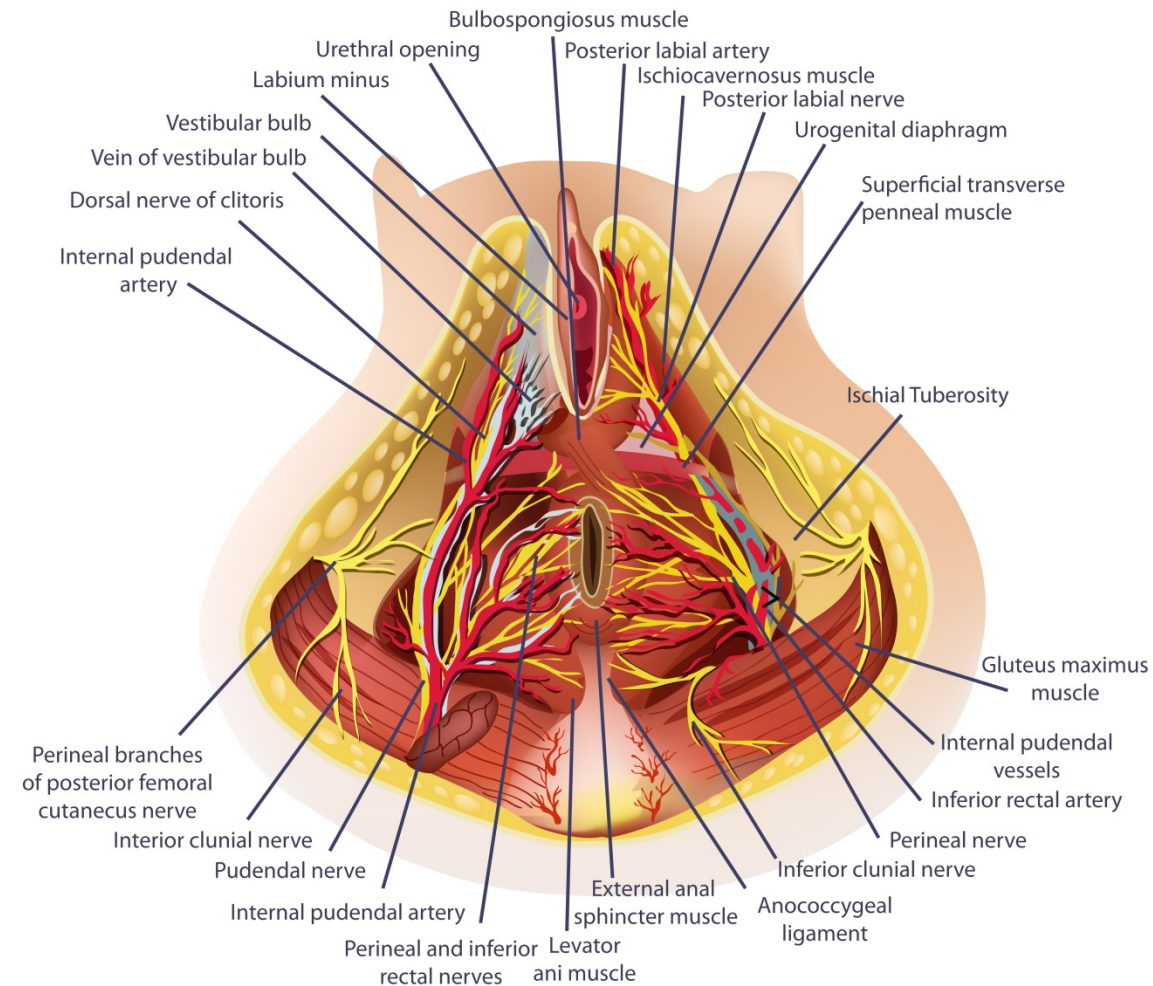
jeff howard
SCW STAR PRESENTER

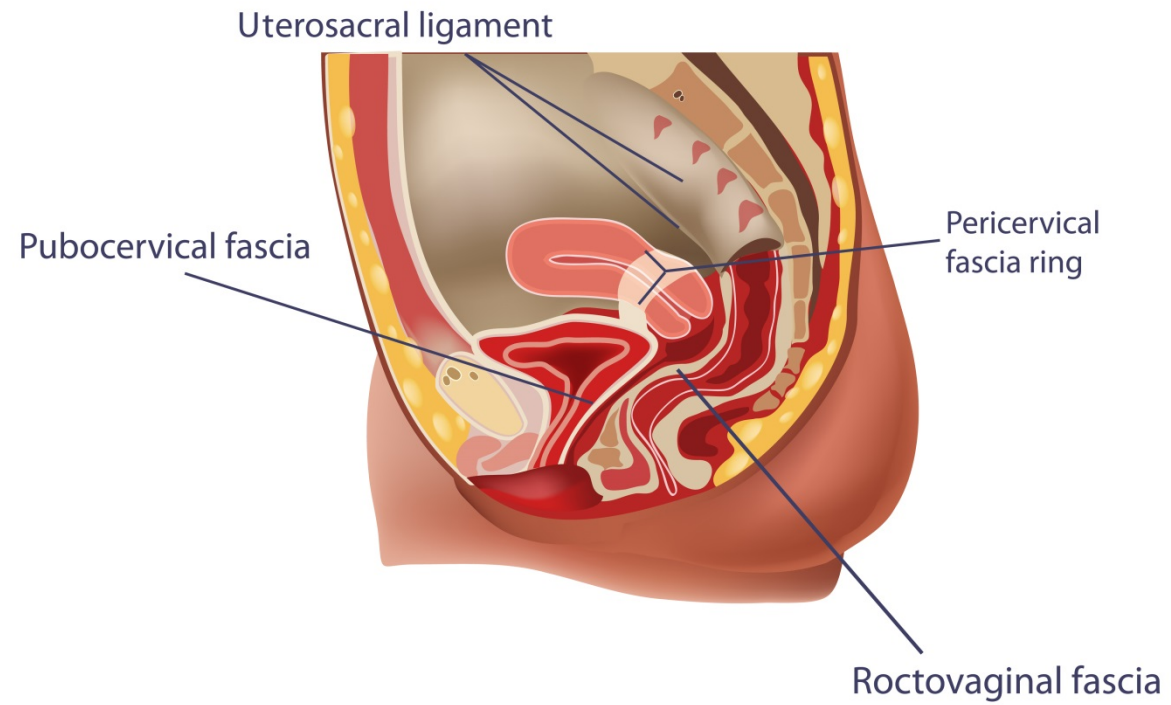
www.TrainWithTheTrainers.com

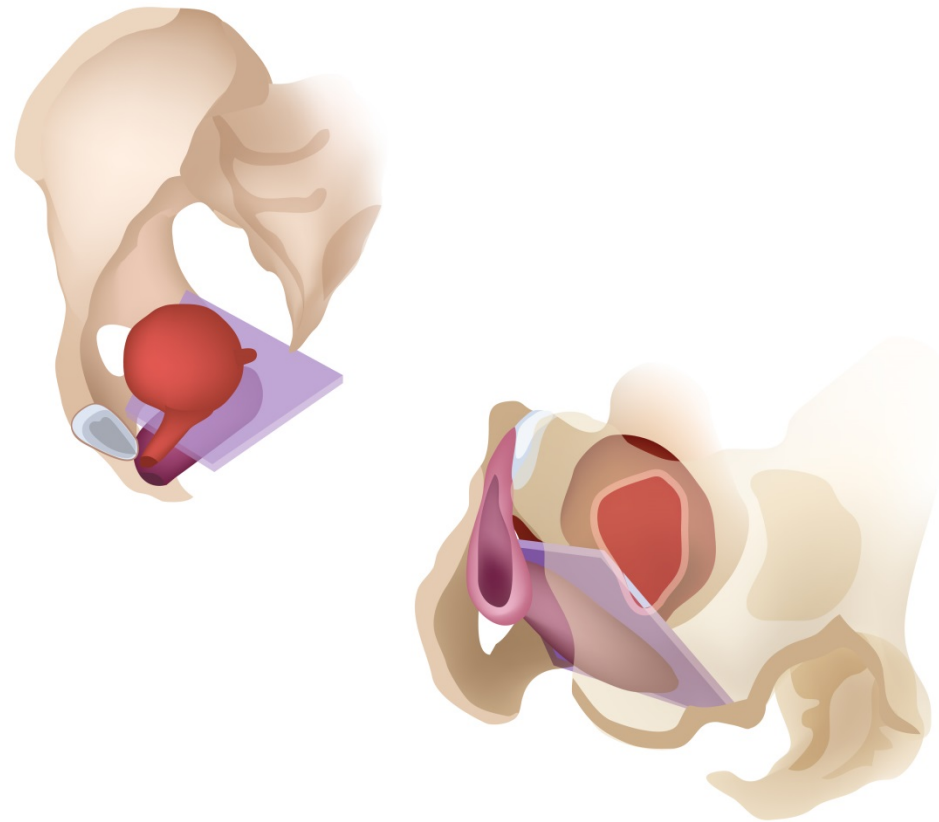
Lateral View of Pelvis



Female Pudendal Nerve

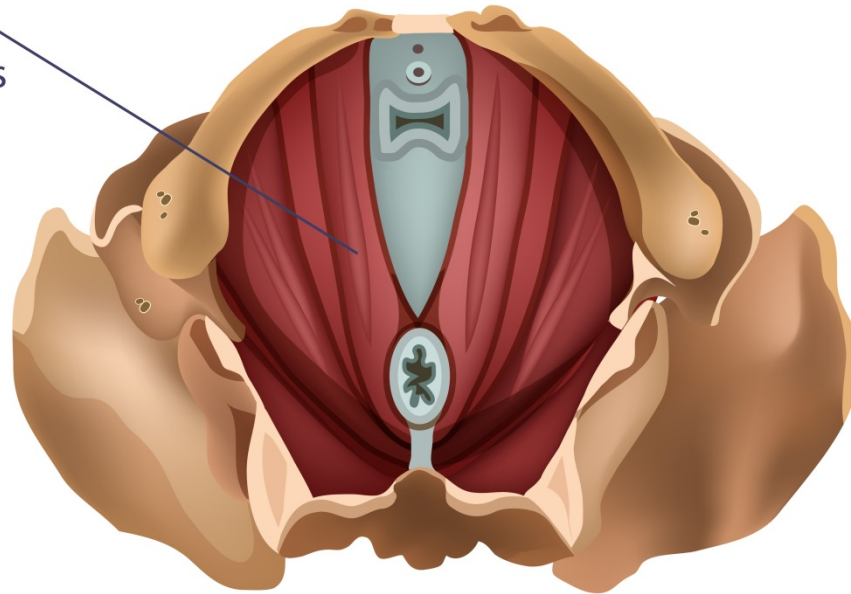




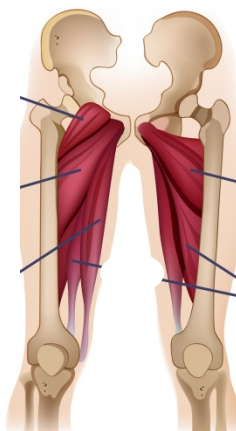
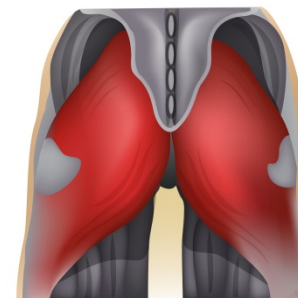
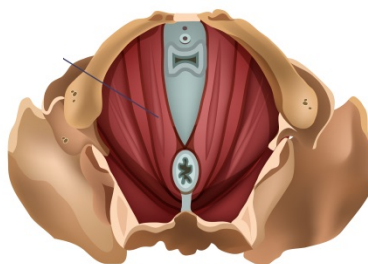
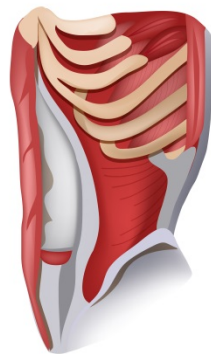


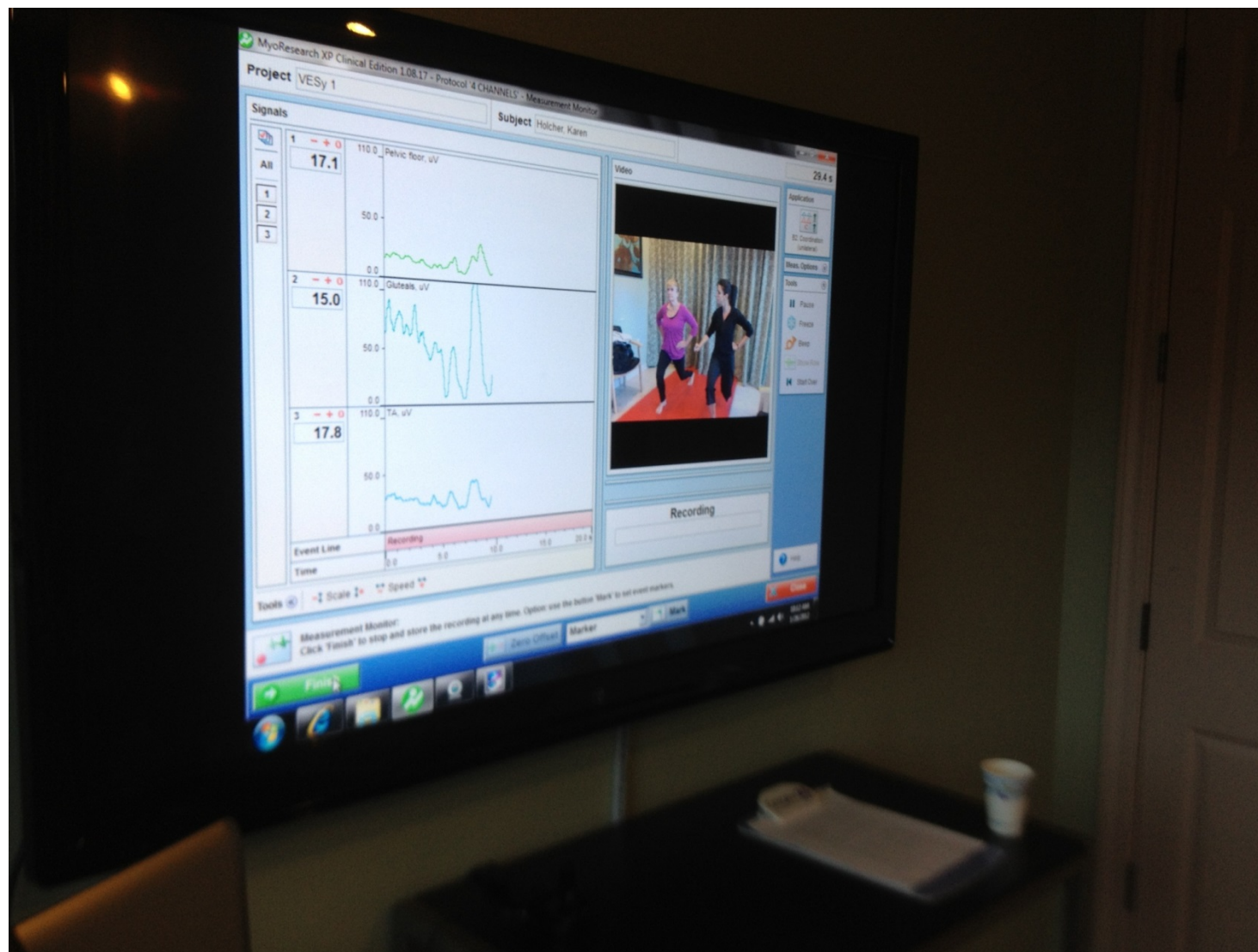


Pelvic
Floor
Muscles



Bottom view





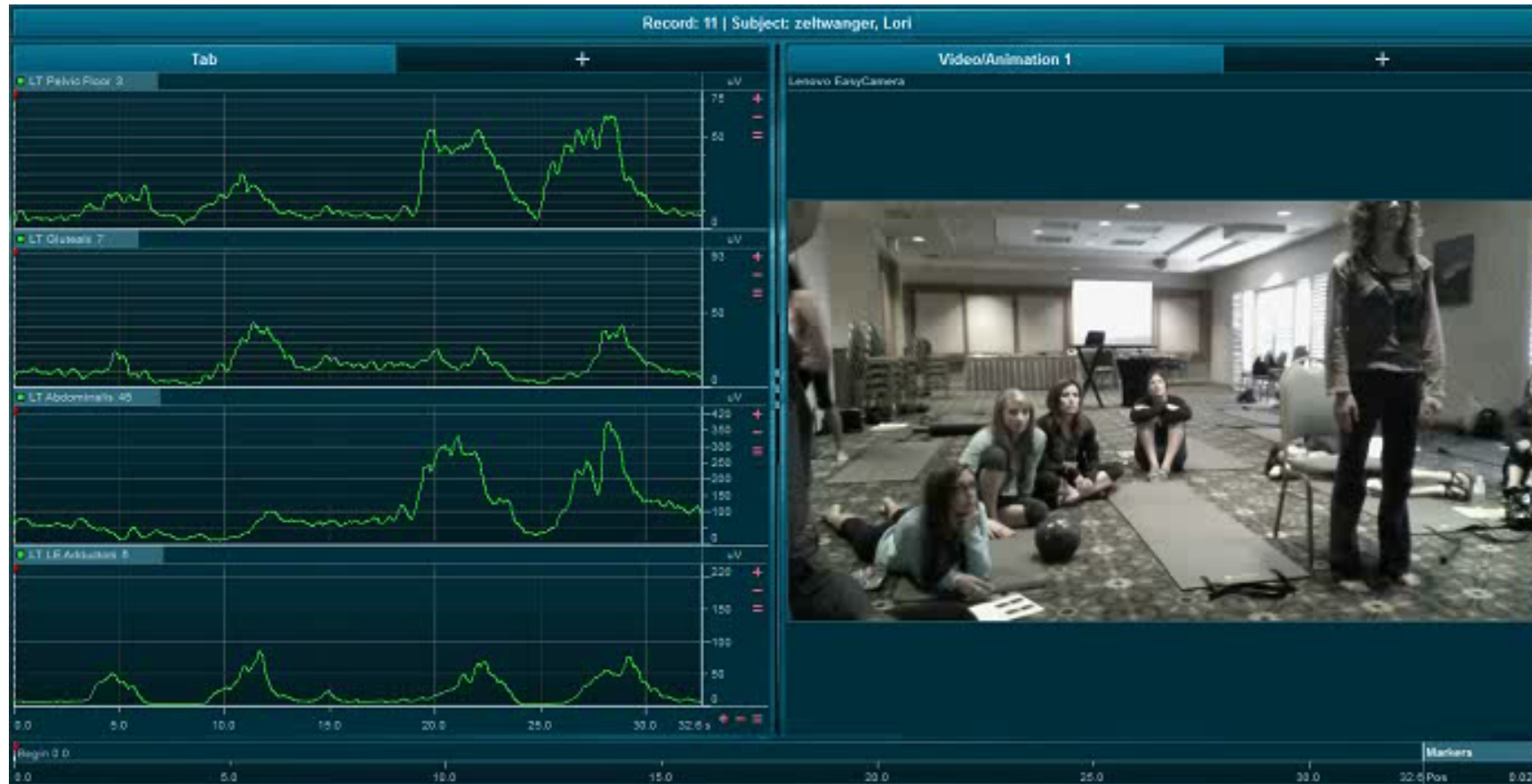
The VESy Lab



Pfilates Movement as Functional Movements



Pfilates Movements as Functional Movements



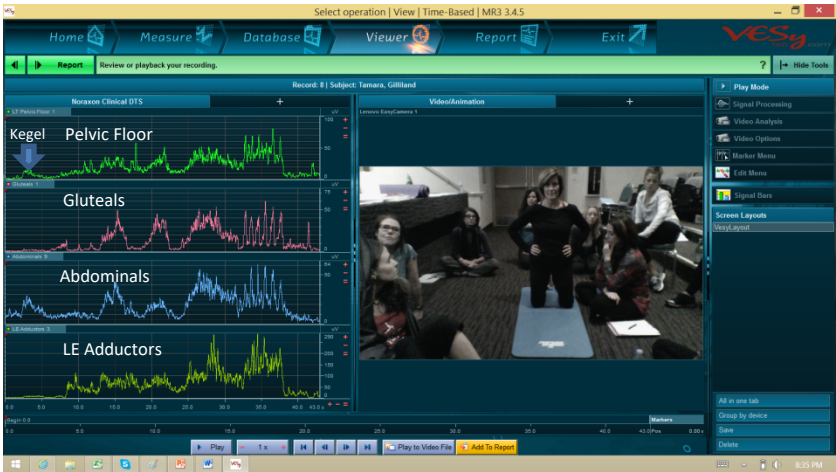
Pelvic Floor Motor Unit Recruitment : Kegels vs. Specialized Movements

Crawford B, Noia C Nevada Center For Pelvic Floor Medicine

Pelvic floor exercise is clearly established as appropriate first line treatment for stress urinary incontinence and overactive bladder. The effectiveness of exercise relates to the degree of motor-unit recruitment achieved during the exercise. To date, the Kegel exercise has been the most common recommendation for pelvic floor conditioning and rehabilitation. The purpose of this study is to compare the traditional Kegel exercise to specialized movements that incorporate voluntary pelvic floor contraction at a point in the movement where the pelvic floor is naturally engaged.

Materials and Methods:

Between January 2014 and May 2015 one hundred consecutive patients referred for pelvic floor rehabilitation were instructed as to how to perform 10 different movements know to naturally engage the pelvic floor. Subjects wore small wireless surface EMG sensors recording muscular activity from the pelvic floor, gluteals, lower abdominal muscles, and the lower extremity adductors. Video clips synchronized to 4 channel EMG were recorded for each movement. Each clip began with an isolated pelvic floor contraction (Kegel) before the subject performed one of the ten specialized pelvic floor movements. Mean peak pelvic floor activity during the isolated PF contraction were compared to the peak pelvic floor activity achieved during the movement.



1. Lunge: 42% (0-80) p<0.001



2. Squat: 30% (-40 - 75) p<0.001



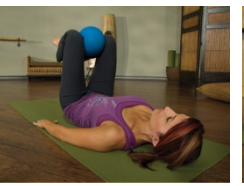
3. Side Lying Bent Knee Lift: 25% (14 - 72) p<0.001



4. Side Lying Straight Leg Circle: 25% (-33-63) p<0.001



5. Butterfly: 36% (-25-90) p<0.001



6. Bridge: 56% (15-82) p<0.001



7. Corkscrew: 21% (-50-57) p<0.001



8. Hovering: 49% (-12-80) p<0.001



9. All 4s Bent Knee Lift: 30% (-22-71) p<0.001

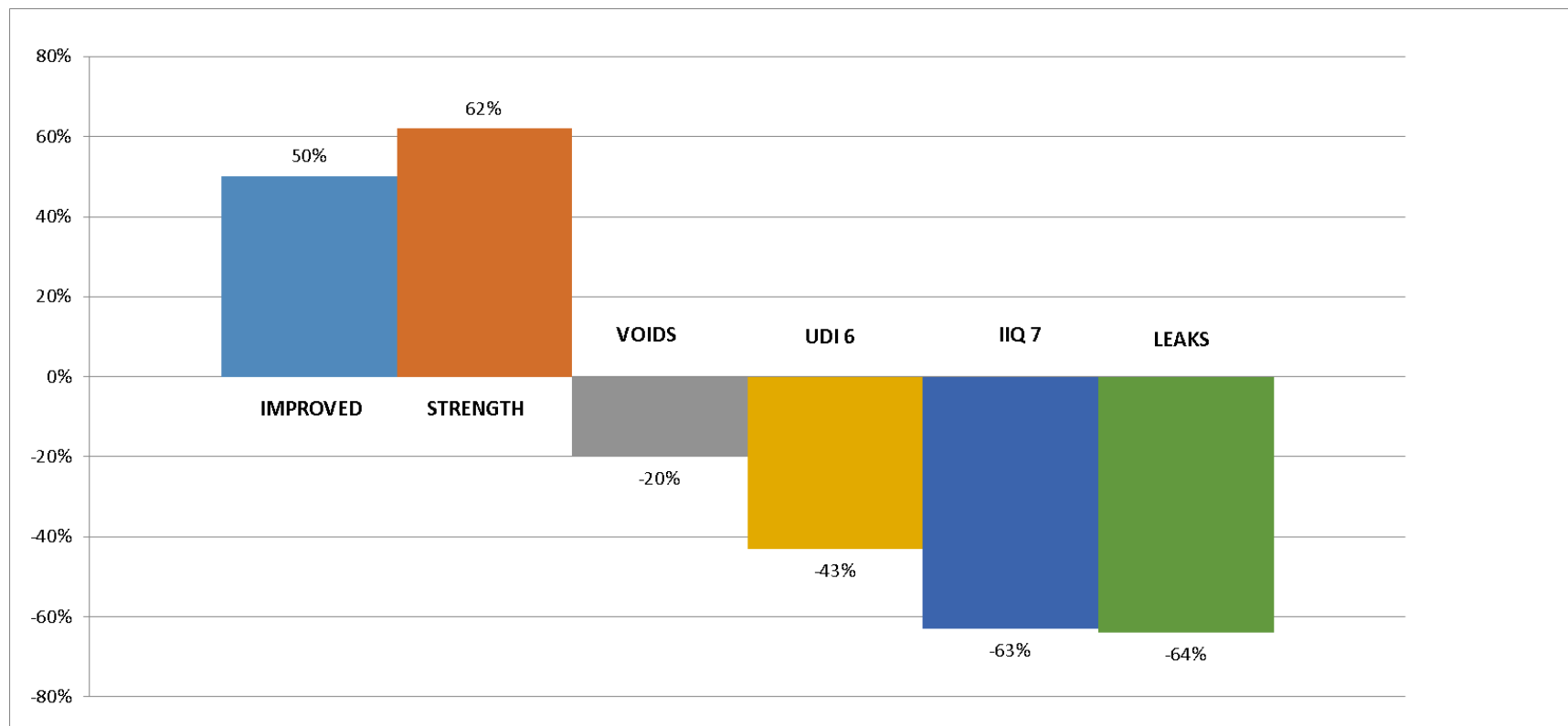


10. Cat Into Cow: 41% (-5-73) p<0.001



Conclusion : Specialized movements, when performed in conjunction with voluntary pelvic floor contractions may provide greater motor unit recruitment than traditional Kegel exercises. Individuals vary as to the degree of enhanced engagement with any given movement.

Our Clinical Data 2015 - 2016



Online PfilAtes Certification

- October 24th, 2020
- All elements will be recorded and available to view after the course
- All participants will get a one hour one on one Zoom debriefing with me and/or Heather Dibkey
- Register at www.pfilates.com/become-an-instructor