

SCW
MANIA[®]
Fitness Pro Conventions



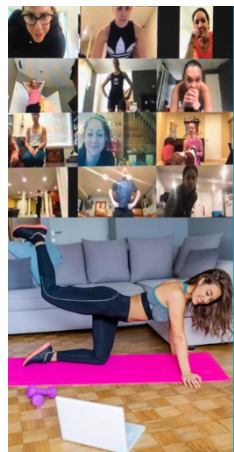
scwfit.com/MANIA

MANIA[®] Attendee
Exclusive Content



scwfit.com/attendee

#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

SCW
CERTIFICATIONS
35+ NATIONALLY RECOGNIZED.
ONLINE + LIVE.

FREE LIVE COURSE included with
every Online Certification
within 1 year

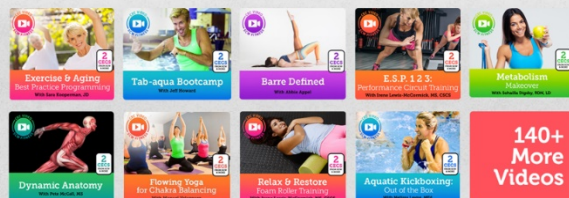
scwfit.com/certifications

- 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
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II



ONLINE CEC VIDEOS

Earn CECs in the comfort and
convenience of your home!



140+
More
Videos

scwfit.com/CECS

DYNAMIC FLEXIBILITY FOR A 3D LIFE

Presented by Manuel Velazquez
NOLOFIT@GMAIL.COM

<p>I. Introduction</p> <ul style="list-style-type: none">a. Welcome & Gratitudeb. Manuel's SPA Holistic background, the Ranch and the Mindful-Functional Approachc. Purposed. Equipment	<p>II. Stretch: Multi Joint Action/Movement</p> <ul style="list-style-type: none">a. Dynamic vs. Staticb. Active vs. Passivec. Boundaries of Tension: NO PAIN!!d. When is not recommendede. Guidelines & Benefits
<p>III. Road Map and Rehearsal:</p> <ul style="list-style-type: none">a. Circular patterns for shoulders, elbows, wrists and fingersb. Flexion & Extension patterns for neck, hips, knees, ankles, feet and toes.c. Frontal Plane: narrow and wide stance. Lateral Flexion long levers arms.d. Wide stance transverse plane arm cross body's mid line.	<p>IV. Standing: From the Feet Up!</p> <ul style="list-style-type: none">a. Ankle joint and toes: dorsi/plantar flexionb. Kinetic chain to calf, knees, hamstrings and glutes.c. Balance and Gate Challenge: straddle stance, calf stretch, core alignment, arm, shoulder and chest challenge.
<p>V. Lunges: Transition to Kneeling Floor Work</p> <ul style="list-style-type: none">a. Mid back step to Warrior I with heel games. Both sides.b. Transition to Kneeling: Circular action of the torso: flexion-extension, lateral flex to spinal circular movementc. Kneeling Long longitudinal action: Leg cross-mid line and lateral Flexion.d. Torso Rotation to rear deltoid, extensors and oblique elongation.	<p>VI. Prone: Floor Work</p> <ul style="list-style-type: none">a. Quads stretchb. Psoas Hip Flexorc. Arm abduction "T" to Hip Extension-Rotation and Torso Rotation. <p>VII. Supine: Single Leg Active/Passive Dynamic:</p> <ul style="list-style-type: none">a. Ankle dorsi/plantar flexionb. Circular Move: Heel Leadc. Internal/Ext Rotationd. Abd/Add Cross Body's Mid-linee. Both Legs: Feet straddle the Mat and "Windshield wipers"
<p>VIII. Neck Series: Roll to sitting position</p> <ul style="list-style-type: none">a. Head manipulation in two planes of motion.b. Trunk/Torso Frontal Plane – Lateral flexion and Rotation.	<p>IX. Hands/ Fingers: Manual Dexterity</p> <ul style="list-style-type: none">a. Spread and tight fist in two directions with wrist manipulation.b. Pick and hidec. Counting Fishes at the sea. ☺