

SCW
MANIA[®]
Fitness Pro Conventions



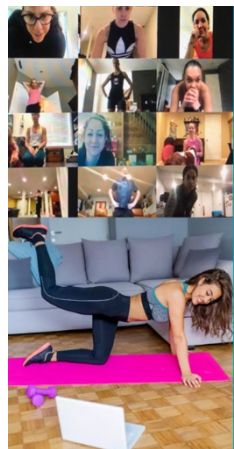
scwfit.com/MANIA

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

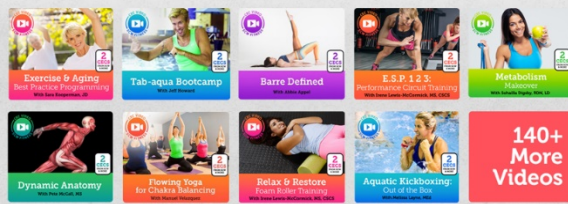
scwfit.com/certifications

- 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

Playful Patterns: Perfect Warm Ups and Cool Downs

By, Ann Gilbert ACE AEA SCW

anng@shapesfitnessforwomen.com

Introduction:

- When there were no warm ups

Part One:

- The why, where and how do we format a warm up.
- The science behind the bell curve and why it is used.

Part Two:

- Playful ways to work with lever length.
- Think “out of the box” when the music starts.
- Practice what you will preach.

Part Three:

- Lengthen what is short, strengthen what is weak.
- When and why to introduce Joint mobility work.
- Let loose, well, in the cool down that is.

Part Four:

- Recipe for a great jog.
- The real power behind the jumping jack.
- Playful kicks that really can win the game.
- The motivation behind your music.

WORKOUT PATTERNS TO PRACTICE: WARM UP

1. Jog, double jog, three in a row, four to the top
2. Jack once, twice, three times and four.
3. Kick around the clock and back.
4. Counting down to greatness.

WORKOUT PATTERNS TO PRACTICE: COOL DOWN

1. Get out of a tight place, chest that is.
2. No passive stretching here.
3. Don't touch, just let it float.
4. Freeze, no one leaves early.