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Fitness Pro Conventions



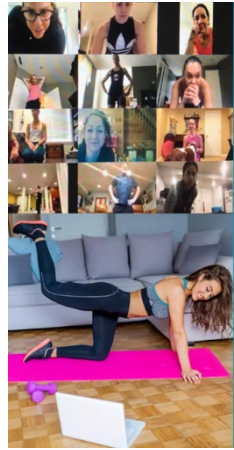
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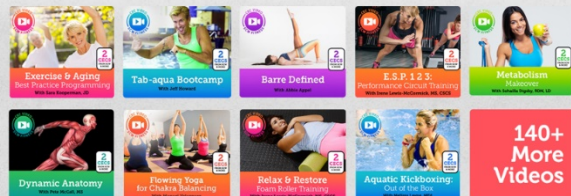
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- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- 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
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H2O RUNNING

Yury Rockit

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Mission: *fitness to empower*



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Theory


I. Introduction


1. Namaste/Greetings
2. Background info/Gratitude
3. Purpose: cross training for runners and non-runners, close mimicking of running mechanics
4. Format: multidirectional and multi-planar movement implementing progressions and regressions
5. Theme: breath, movement performance and alignment
6. Equipment: bodyweight, pool shoes if available
7. Workshop style and how it is different from a Master Class



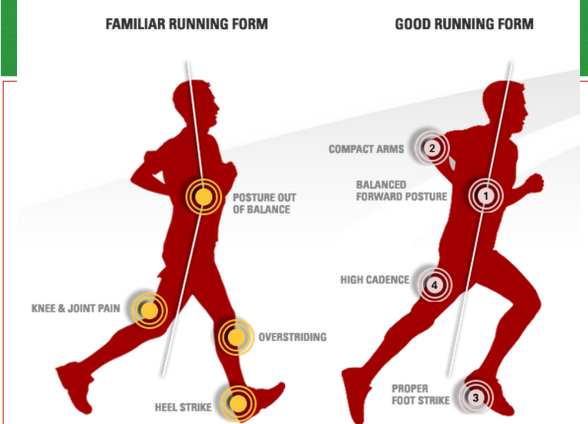
Theory

70% runners experience some type of overuse injury (Dale 2007):
 -strength exercise to improve common muscle imbalance
 -light aerobic exercise to improve recovery
 -flexibility to improve ROM





FAMILIAR RUNNING FORM **GOOD RUNNING FORM**



Theory

POSTURE and ALIGNMENT

- Practice full ROM stride WITH hip extension, active glutes
- Arms and legs working in the same plane of movement (sagittal): elbow drive
- Core stabilization: belly button towards spine
- Length from the top of your head to relax shoulders down



Theory

Common muscle imbalance:

- glute & hip weakness which leads to IT band syndrome, runner's knee, shin splints, Achilles tendonitis
- gastrocnemius and soleus (can be strengthened with eccentric heel drop, toe raises, heel & toe walks)



Theory

-Water drag resistance activates both Agonistic and Antagonistic muscle groups 😊

-Increasing speed of movement will increase resistance = control intensity 😊

-Due to the buoyancy of water, an individual weight immersed to neck depth is approx.10% of that on land 😊



Theory

II. Power and Plyometric training

-Water levels: knee, waist, chest

The shallower water the greater is impact forces (for musculoskeletal consideration)



Theory

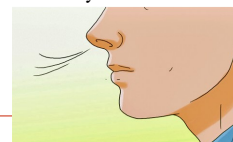
Study by Busman shows that deep-water running provides a sufficient stimulus to maintain running performance as it closely mimics the action of running so it serves an ideal replacement.



Theory

Breathing


- Practice nasal breathing when working at moderate intensity
- Avoid conditioned nose to mouth over-breathing if possible, specially if working out at moderate intensity




Theory

3 Planar RUNNER Warm-Up and Why: Sagittal, Frontal, Transverse

3 Planes of Movement:



3D Dynamic Warmup and ROM




Practical

Reading my choreography

III. PRACTICAL:


RLL=Right Lead Leg	LLL=Left Lead Leg	R=Right	L=Left
Ext=Extended	ROS=Repeat Other Side		
B=Back/Backwards	F=Front/Forwards		
Alt=Alternating	Cts=Counts of Music		
Dwd=Downward	Upd=Upward		
Reg=Regression	Pro=Progression		

Position & Purpose	Movements	Alignment & Safety
Standing Whole Body Warm up	1. 3D Spinal Sequence: Sagittal, Frontal, Transverse	



Practical

Let's Move!



Practical


RLL=Right Lead Leg	LLL=Left Lead Leg	
R=Right	L=Left	
Ext=Extended	ROS=Repeat Other Side	
B=Back/Backwards	F=Front/Forwards	
Alt=Alternating	Cts=Counts of Music	
BOS = Base of Support	Upd=Upward	
Dwd=Downward	Pro=Progression	
Reg=Regression	ROM=Range of Motion	
	SG=Sagittal Plane	
	FR=Frontal Plane	
	TR=Transverse Plane	

MOVEMENT PLANE	PROGRESSION	REGRESSION
1. 3D Runner Warm up SG/FR/TR : -Unilateral Leg Swing SG/ FR TR Karaoke Hops -High Knees -Butt Kicks	HOP	ROM

movement


Practical

MOVEMENT PLANE	PROGRESSION	REGRESSION
2.SG: Running F and B + high knee ex. F fast B recovery		ROM
3. FR: Running/side shuffle with High Knee	less BOS	
4. Karaoke Run	Greater ROM	



Practical

MOVEMENT PLANE	PROGRESSION	REGRESSION
4.Swimmers arm Run F & B	Single arm	Both arms
5. Push Pull Arms Alternating and Bilateral Run F & B	Using buoys	
6. Plyometric drill: Rotational Jump Rotational Jump with a Run		




Practical		
MOVEMENT PLANE	PROGRESSION	REGRESSION
7. Suspended Run	Buoys to the side, in lateral shoulder adduction	Buoys pressing down
8. Combo Suspended Run to Plyometric Drills		
9. Lateral Leap with Arms pushes		

Practical		
MOVEMENT PLANE	PROGRESSION	REGRESSION
10. 30 sec Sprint to Stationary Run (Recovery)	Cross country skiing instead of Stationary Run	
11. Run F & B with Extended Leg Kicks		

Practical		
MOVEMENT PLANE	PROGRESSION	REGRESSION
12. Transition: Static and Dynamic Flexibility		


Wrap-Up

Summary:
 Home Work:
 Final Take-Home: “As Within So Without”
 Resources: Yuryrockit.com Findlawrence.com
 scwfit.com/Ondemand

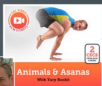


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MEDITATION



Athletes & Asanas









It's Raining Men



Athletes & Asanas

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Wrap-Up





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