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### **Functional Pilates Movement Series**

Segment	Time	Exercises
Warming:	10 mins.	Awakening: Standing shoulder mobility, spinal roll down, back stroke, hip hinge to squat, standing cat/cow Warming: Standing twist, standing hundreds, standing hip release, back stroke
Standing 1:	5 mins.	Lunges with rotation, lateral lunges with balance, multi-directional
Standing 2:	5 mins	Single leg circle, curtsy squat, side balance
Standing to Floor:	5 mins	Pilates push-up, leg pull front, alternate arm/leg lift, side T stand, side bend, side twist
Prone:	5 mins	Prone back extension, rotation, swimmer, modified swan
Side lying:	5-8 mins.	Lateral flexion, elbow plank, side scissors, side leg series
Seated:	5-8 mins	% roll back, oblique roll back, Vsit, teaser variations, roll up, roll up to T - stand, reverse table
Supine:	5-8 mins	Ab prep, tabletop, alternate leg lowers, dead bug, single leg stretch, straight leg stretch, straight leg curls, corkscrew Back bridge, marching
Stretch	5-8 mins	Rolling like a ball, Knee hug, hamstring stretch, hip circle, spinal rotation, shoulder mobility circles

#### **Developed by Helen Vanderburg**

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# **Functional Pilates**

Presented by Helen Vanderburg 2018 IDEA Top Industry Contributor 2018 CanFitPro Lifetime Achievement CanFitPro Presenter of the Year IDEA Presenter of the Year

### Introductions

Functional Training continues to be a top trend in the fitness industry. Discover how Pilates based techniques can enhance your functional training methods. Built on a solid foundation of science and movement mechanics, you will acquire necessary strategies and techniques to develop functional movement programs for your clients. Explore functional and applied movement principles and assess movement patterns that create conscious movement habits for effective results in everyday life and high performance.

# **Functional Training**

- Training that enhances the coordinated working relationship between the nervous and muscular systems.
- Involves increased skill and strength to enhance performance of movements so that individual's activities of daily living are easier to perform.
- Function can be thought of in terms of a movement continuum (walking to jogging to running to sprinting or, all fours to crawling to lunging to climbing)
- Involves smooth, rhythmic motion in three cardinal planes of movement; sagittal, frontal, transverse

# **Training Function**

- Training to enhance the coordinated working relationship between the nervous and muscular systems.
- Training in a manner to improve strength directly related to the desired performance of movement of daily living.
- Involves exercises and movement continuum that mimic activities and needs of daily life.
- Strength progression and load moves from unloaded to loaded movement that enhance mobility, stability, strength, endurance and power.

# **Mobility and Stability Relationships**

Moving the whole body reinforces the fundamental principles of chain-reaction biomechanics and function. Integrating multiple-joint motions is the biomechanical way to move stress away from specific areas in the body and introduce stress to the whole system as it shares the load.