

I AM
AGELESS
NOW
METHODTM
COACHING MANUAL

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iamagelessnow.com



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Welcome

Welcome to the **I Am Ageless Now Method™**, a workshop of the Be Ageless Academy. You obviously have an interest in how the body functions three dimensionally in relation to space, time and gravity. You are ready to take your coaching career to the next level! Education is key to becoming a better coach and making a difference in every client's life, whether they are athletes or are new to fitness.

I began my journey in the fitness industry more than 25 years ago, when we didn't have the online access to thousands of journals and documentation available now. I constantly seek to learn more and encourage you to do the same. I hold many certifications and a degree in health ecology from the University of Nevada, Reno. After spending many years in this business, I know the importance of continuing education and taking the time to truly observe and listen to your clients.

For years, I trained incorrectly and did not listen to the warning signs of extreme overuse of my joints. I was a dedicated runner and did not warm up correctly. As a result, I tore my meniscus. I also discovered that I had osteoarthritis and severe degeneration in my knees. It took an injury to lead me to a greater path of learning and knowledge, which I formally received at the Gray Institute for Applied Functional Science in 2010. Through this training my understanding of the human body changed dramatically, in large part from the teachings of Gary Gray and Dr. Dave Tibiero and their amazing contributions to the world of rehab and fitness.

Today, unfortunately, most of our clients sit all day in a cubicle, at a desk, or in a car. It has been stated in many wellness circles that "sitting is the new smoking." Sitting for a long period of time compresses the spine and imbalances the rest of the body's structure. This sedentary lifestyle creates a world of dysfunction from back and neck pain due. Diabetes and obesity are often the result of this inactivity. Our clients spend so much time in flexion that the anterior muscles shorten, causing weakness, stiffness, and the inability to move correctly.

Many workout programs today are based on very intense training for the "perfect body" without looking at the future negative consequences of damage and injury to the joints, tendons and ligaments due to improper posture, muscle imbalance, overuse, age, etc. Active Baby Boomers are walking examples of the need for hip and knee replacements due to not moving consistently and not heeding the warning signs—most of which could be prevented if trained correctly.

That's why I created this program. One of my greatest joys now is to share this knowledge with hundreds of satisfied clients and coaches. It is truly fascinating what the body can achieve at optimal fitness and functional capability! A strong, healthy body is capable of performing great physical endeavors.

Together, we can retrain and reframe exercise for pain management and pain-free movement. Together, we can be part of the solution, not part of the cause of pain that leads to even more inactivity.



In health, Leslee Bender

The Method

This method is based in part on the physiological, biological and behavioral sciences of the Gray Institute. It's a functional movement program that is based on science and the pathways to create conscious movements with beneficial results. It gives personal coaches new and necessary strategies, tools and techniques to develop individual programs consisting of corrective exercises that will enhance the lives and mobility of their clients.

Participants will explore the language of movement in three planes of motion and understand the influence of gravity and ground reaction based on principles of applied functional science. Coaches will discover how to assess posture, determine strengths and weaknesses, and lengthen and strengthen their clients' muscles for optimal and authentic movement.

This method provides a way to help your clients live the life they want to, free of pain. This method is easy to do anywhere at any time. Your clients will have more energy, functionality, flexibility, mobility and strength. This course is beneficial for:

- Coaches looking for ways to observe and correct faulty movement patterns that inhibit a client's efficiency.
- Coaches who work with clients of varied fitness levels—from athletes to beginners and all those looking for a functional, pain-free life.
- Small group fitness instructors who work with a multi-level class of varied fitness abilities catering to all who attend.

The **I Am Ageless Now Method** is a solution to living with less pain, more vitality, and a true solution to a better life. It is based on:

- Understanding movement determined by the planes of motion
- Myofascial release
- Hydration
- Plant-based (primarily) diet
- Meditation to decrease stress
- Mindset and being who you are. You are unique!

Benefits of this method

Physical Benefits: The exercises move dynamically and the body has to react to gravity; therefore, the core is utilized subconsciously.

Physiological Benefits: The body has to adapt to a demand placed upon it and react accordingly.

Behavioral Benefits: Students start to see results from shorter duration exercise.

Course Goals and Learning Objectives

Upon completing the course, coaches will be able to:

- Distinguish the characteristics of functional flexibility that make the I Am Ageless Now Method of training unique.
- Complete a basic Static Postural Assessment.
- Execute a basic Movement Assessment and document results.
- Use tools and strategies to assess each client.
- Offer an individualized or group functional program based on an individual's needs, strengths and limitations.
- Identify fascia, its role in the kinetic chain, and how all elements of the body are connected and why it is important.

- Explain the concept of “three-dimensionality” of muscles and how movement is performed in different planes of motion.
- Recognize the influence of gravity and ground reaction to every bone, muscle and joint in the body.
- Acknowledge the benefits of implementing fascia release techniques before and after training.
- Identify how the sciences of the Gray Institute (physiological, biological and behavioral) are applied through the I Am Ageless Now Method.
- Assess and address basic postural issues and recommend correction techniques proven to work.
- Explain, based on individual needs, which exercises are beneficial and which are not.
- Understand behavioral sciences.
- Learn to successfully cue individuals and groups.
- Gain the techniques to become an I Am Ageless Now Coach
- Learn I Am Ageless Now Method-specific warm-up and how to execute fascial release and exercises.

Ageless System Coaching Guidelines

- Be inclusive to everyone regardless of age or fitness level.
- Be positive and leave your problems outside of the room.
- Be engaging and ask questions.
- Be interested and ask for feedback.
- Be a teacher, not a performer. Remember, you are there for them!
- Assist students in using the best alignment possible.

Preparing for Your Class: Equipment

Having access to the right equipment is paramount in establishing programming (and corrective programming) to clients. The list below includes tools and props that can help coaches assist their clients in gaining the most benefit from their functional flexibility training. These tools can assist in breaking apart inflamed fascia, offer support, and act as an extension of the body to create more stability and range of motion. Students will also experience strength gains, improved posture, and mobility.

Suggested Equipment

- Yoga or floor mat
- Tennis ball
- Bender Ball
- Resistance bands with handles
- Gliding discs
- Roller (Rollga)

What to Wear?

- Fitness clothing
- Socks or shoes

What to Bring?

- Water
- Towel
- A personal mat is suggested for sanitation



Conscious and Subconscious Movements

Conscious movements are those performed with awareness. When attempting a new exercise, it is common to become aware of each detail of the exercise; how it feels to hold a bar, how the body shifts when attempting to find balance and how it feels to adjust to a new weight load. A trainer who coaches conscious movements should always translate that to daily activities.

Subconscious movements, as opposed to conscious movements, are performed without awareness. Body posture while driving a vehicle or the placement of the cervical spine and shoulders when responding to a text message, for example, are often performed subconsciously. Another example of subconscious movement is walking, running or any kind of movement in which one does not need to consciously think about the movement. The body moves through patterns of movement without recognition.

In order to function optimally when more awareness is brought to conscious movements clients can be better prepared to alter their movements to increase their mobility, their skill, and their response to movements. In other words, when strong conscious movements become confident subconscious movements, training skill and ability can be increased. Athletes, for example, rely on optimum function and mobility in sports so that their “conscious” mind can focus on skill. They train consciously so their body becomes accustomed to specific movements and drills, then subconsciously to allow their focus to be directed elsewhere because their body understands the movement pattern. This shift in perspective and awareness provides an enhancement to their athletic prowess and improves their sport abilities.

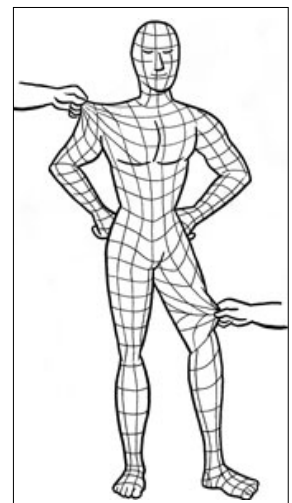
We need to train our clients to be fit at a conscious and a subconscious level. It is important to understand the role of subconscious movement in optimal performance as well as for prevention of injury, for the athlete and the deconditioned client alike.

Consider the body’s kinetic chain and the role of subconscious movements, for example. Any movement, in any joint, has an effect on every other joint, up and down the body. This is known as the kinetic chain. Micro-trauma, or strains in the muscles, joints, ligaments and fascia in one area of the body can lead to pain and postural issues in another area of the body along the kinetic chain. When someone moves their head left or right, for example, a slight, almost imperceptible movement from the foot up through the kinetic chain allows this to occur. The action of turning the head creates small movements in the ankle without causing pain (it is actually possible to assist in rehabilitating an ankle injury this way).

Fascia Function: Makeup and Importance

As we continue to delve deeper into functional fitness, it is necessary to look directly to the importance of fascia, the role it has in the body and how it relates to posture.

If you were to look under the skin’s layers, both superficial and deep, you would come to discover a thin sheath of fibrous tissue that encases the muscular and skeletal systems and organs. This is fascia. Similar in appearance to a three-dimensional web, fascia is the connective tissue that surrounds and supports the body’s internal structures. This fascial, or myofascial tissue, is comprised primarily of two proteins, collagen and elastin fibers, that support the organs, blood vessels, lungs, intestines, (superficial fascia) connects muscles to bones (tendons), bones to bones (ligaments) and fully stabilizes and wraps the tissues, nerves, veins, and the muscles in body (deep fascia). Fascia covers the internal body like plastic wrap; through the connected but separated patterning it provides to muscles, it organizes skeletal and muscular functioning into movement patterns (each muscle fiber is surrounded by endomysium).



As seen, fascia is a broad term for one of the most important tissues in the body. It encases and connects every nerve and all 600 contracting and relaxing skeletal muscles in the body. However, it is more than a connective tissue because it also connects fibers, blood vessels, bones and supports the organs. These fascial lines run through the length of the body, like pathways, and (interestingly) also correspond to the meridian lines in traditional Chinese medicine.

A deeper inspection of fascia shows that it is made up of collagen fibers, water-absorbing proteins, called glycosaminoglycans, reticulum and elastin. These run through the entire body, from head (cranial fascia) to toe (plantar fascia) much like a net. Glycosaminoglycans act as a type of glue for collagen fibers. Depending on the chemistry of the glycosaminoglycans, they can either be thick and sticky or lubricating. The molecules of the glycosaminoglycans are hydrophilic so they open to absorb water and close and bind when water is absent.

The collagen fibers of fascia form tough connections that provide strength and support through internal structures, where elastin fibers have flexible strength and tend to stretch and recoil much like rubber bands. Surrounding these is a liquid substance called ground substance, which provides lubrication for tissue; it also allows nutrients to be delivered to the collagen and elastin fibers. Ground substance also acts as a shock absorber. As with other parts of the body, when taken care of (when enough nutrients are absorbed) fascia is healthy. It receives the hydration, fuel and lubrication it needs to support movements and offers effortless protection.

When the stresses of injuries, dehydration, overuse and imbalances arise, though, fascia does not receive what it needs and becomes thicker, knotty or inflamed. Blood flow is restricted, the movements of joints and muscles become limited and tension and/or pain is experienced. When fascia is restricted or inflamed (i.e., through an injury, a lack of hydration or nutrients accessible, disease, infection, damage due to repeated impact, extra weight being carried, etc.) the results can be extreme pain and discomfort.

Because fascia connects everything in the body, it is easy to understand the body more as a whole and integrated system. As previously mentioned, injuries in connective tissue in one area of the body may be directly related to pain in other areas of the body. A pain in the hamstring muscle may actually be caused by tension in the fascia of the sole of the foot. Headaches can be cured by massaging fascia in other parts of the body. Once again we see how the body is entirely interconnected.

Fascia and Posture

Damaged fascia can impact posture and incorrect posture can have an impact on fascia! Over time, incorrect posture can form tightened/hardened fascia in particular areas, which further upsets the natural, neutral alignment of the spine and skeletal system. This can be seen by those who sit in front of a computer in a slouched position, as well as in those who stand in a prolonged standing position without awareness of their staggering postures. A slouched position causes considerable stress on the discs and ligaments of the lower back, weakens the muscles in the hamstrings, psoas and glutes, creates a tightening of the abdominal muscles and overtime increases the hardened fascia in the abdominal area. This posture disrupts the entire kinetic chain and leads to muscular imbalance.

To further disrupt the kinetic chain, once in this slouched position, and in an attempt to get the “flat abs/perfect body” look, a common mistake many people make is to furiously train their abdominals without strengthening their entire core. As coaches, we know that this style of training actually shortens the rectus abdominis against gravity creating tightened/shortened abdominal muscles. Over time, this further contributes to a hunchback posture, as the skeletal system is pulled forward into spinal flexion.

In addition to poor posture and imbalanced training techniques, fascia can also become tightened due to trauma, chronic strain, immobility, dehydration and emotional stress. Can you see how everything is connected and essentially comes back around to posture? Poor posture affects fascia, and unhealthy fascia affects posture. In addition to immobility and inflammation, unhealthy fascia has been linked to depression, tinnitus and lack of concentration.

Fascia is an integral part of the ability of the body to load, explode, balance and transmit force. It provides stability and motion and minimizes the stress on the spine and permits the muscles to function as they should. Without it, the body would have no stability or integrity of the muscles. Finally, collagen permits movement and distributes load between the muscles and ligaments.

As coaches, we are able to be more successfully and thoroughly guide clients when we have an understanding of posture, form, joint actions, planes of motion and opposing muscle groups, to name a few. It is important for us to understand the biomechanics, abilities, strengths and weaknesses of each unique and individual client in order to develop proper, effective and safe programming for them.



Gravity and the influence on the body

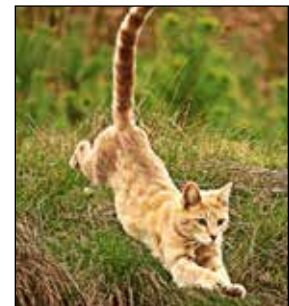
The earth's gravitational pull is a constant pressure on the body, whether standing, sitting, or even lying down. The pressure challenge the body's core stabilizers and increase as the body progresses from a supine or prone position to a standing position. A well-balanced skeletal muscle system helps to ensure stability against the negative pressures of gravity and any added resistance or stressors resulting from adding aerobic fitness movements. Training with proper posture and body awareness is the foundation of providing a safe and reliable training session. As it relates to ground forces, load to explode and dynamic posture, let's look briefly into principles of gravity.

Ground Reaction Force

Ground reaction force is the force exerted by the ground against a body that is in contact with it. There is an equal amount of force exerted by the ground as there is by the person, standing, jumping or applying pressure to it. The word "reaction" derives from Isaac Newton's Third Law, which explains for every action there is an equal and opposing reaction.

Load to Explode

Similar to the reactions involved in transitioning stored potential energy to kinetic energy, the term "load to explode" refers to the action of preparing, or loading, before "taking off" or exploding into a jump off of the floor, for example. One "load to explode" movement is a squat; a deep bend in the knees activates many muscle groups.



Functional Training

To train functionally includes the need to train in each of the planes of motion. These planes include the sagittal, frontal and transverse/horizontal planes of motion. It includes the need to stimulate the various joint actions of the body.

Biomechanics

- What turns on the muscle? Movement!
- Creating a conscious movement for a subconscious result.

The proprioceptors

- A sense of how our bodies are positioned in space.
- Usually at a subconscious level.

What affects the proprioceptors?

- Movement, gravity and ground reaction.
- Human movement is a CONSCIOUS decision (deciding to get out of the car) followed by a SUBCONSCIOUS action (physically making this happen in the body).
- Movement should come naturally, never forced.

Joint Actions and Descriptions

There are many joint actions:

- **Flexion:** Shortening the distance between bones
- **Extension:** Lengthening the angle between bones. Example: Flexing and extending (pointing) the foot. The knees' primary functions are flexion and extension. To encourage a safer and more positive experience, coaches must develop a keen eye for movement and always watch for symmetrical flexion and extension at the knee during a training session and while making a postural assessment.
- **Abduction:** Moving further from the midline (Example: performing a jumping jack away from the body)
- **Adduction:** Moving closer to the midline (Example: performing a jumping jack by bringing arms and legs back in)
- **Circumduction:** 180 degrees of motion
- **Rotation:** Moving around an axis
- **Inversion:** Outside of the foot
- **Eversion:** Inside of the foot
- **Distal:** Farther away from midline of the body
- **Proximal:** Closer to midline of the body
- **Superior:** Top of the body
- **Inferior:** Bottom of the body
- **Lateral Flexion:** Spine moves from right to left
- **Protraction:** Scapula moves distal from the spine
- **Retraction:** Scapula moves proximal to the spine
- **Elevation:** Scapula moves upward
- **Depression:** Scapula moves downward
- **Supination:** Standing on the outside of the foot
- **Pronation:** Standing on the inside of the foot
- **Supine:** On the back facing up
- **Prone:** Front of the body is facing down
- **Posterior:** Toward the back of body
- **Medial:** Toward the midline

- **Lateral:** Away from midline
- **Proximal:** Closer to origin of body via limb
- **Distal:** Farther from origin via limb

POSITIONS WE TRAIN IN

The positions we are training in influence not only the fascia, but the muscles and the reaction of gravity. And some of the exercises can be done in more than one body position for variation and or modification.



Standing



Kneeling



Hands and Knees



Plank



Side Lying



Sitting



Supine

Sagittal: This plane divides the body into anterior and posterior. Flexion and extension happen in this plane that is perpendicular to the ground. Gravity influences this plane, by lengthening both anterior and posterior muscles to decelerate motion. Walking and performing biceps curls are examples of movement occurring in this plane.



Frontal: This plane bisects the body laterally from side to side, thus dividing the body from the front to the back. Like the sagittal plane, this plane is perpendicular to the ground; however, side to side movements occur in this plane. Abduction, adduction and lateral flexion occur in this plane. Gravity influences this plane in lateral flexion. An example of an exercise performed in the frontal plane is a jumping jack.



Transverse or Horizontal: This plane cuts the body horizontally, from top to bottom, at the torso and is parallel to the ground. Twisting and rotation is performed within this plane. Gravity does not influence rotation. Woodchops are an example of an exercise performed in the transverse or horizontal plane.

Both the sagittal and frontal planes are affected by gravity. In other words, you have to oppose first or load to explode to create tension in the tissue. For example, if you try and jump from a standing position, it is impossible to do so with success unless the ankles, knees and hips bend first.

Understanding this, the exercises that follow are designed to lengthen and strengthen the tissue of the fascia as well as the muscles that control acceleration and deceleration. These exercises will make a difference in your client's movement quality. After you have performed both a static and movement observation, have your client retest and document your findings.



Identifying Appropriate Range of Motion

Range of motion refers to individual's flexibility and mobility around a joint. As such, the Initial Range of motion describes the place where a client can begin an exercise/movement while remaining pain free. In this space, they are able to move and feel the exercise in the appropriate area.

The **initial range of motion** may be demonstrated by a student with an injury, and that is as far as they can flex a joint pain-free.

The **mid range of motion** is a slightly larger than the initial range depending on a student's ability and mechanics.

The **end range of motion** is the furthest point within the full range that a client can move

pain-free for their ability and in proper alignment. It is furthered position moves slightly beyond the midpoint of the full range of motion. What is most important is that proper alignment is able to be maintained and the client can move without pain.



Why is this important? As a coach's program encompasses exercises to target muscular imbalances, compensations and corrective movements to address issues identified on the posture assessments, a client's range of motion will shift. Not only will they begin to move pain-free, it is also beneficial to identify this greater range of motion, as this will improve the client's daily living.

Assessing Postural Alignment in the Planes of Motion

Each student is an individual and moves the way in which they were individually designed. Imagine if everyone looked the same! Not only would we not have this profession, but life would be incredibly boring. You will be observing clients through static and dynamic movement to find out where they have their strengths and weaknesses.

A **Postural Assessment Chart** is attached at the end of this manual.

The “Why” Behind Postural Assessments:

- Creates the ability to look at each student individually and uniquely
- Creates an individual program client can utilize at home
- Helps to alleviate pain in the joints
- Promotes wellness
- Helps clients perform their favorite activities

Dynamic Movement Analysis and Posture

Dynamic posture is a term that refers to the movement patterns and alignment of a person's body during activity. This posture is more than static posture alone. In order to avoid injury during activity, a person's dynamic posture often needs to be improved, as it influences the way they move, and misalignments frequently result in pain and can cause damage. The mind must concentrate on performing each skill while maintaining core stability and a neutral spine position, keeping joint integrity. Dynamic movement or action in the body sets the foundation of proper alignment of the body and its joints.

Dynamic posture ensures that movements and functions are performed in the safest way possible. Of course, accidents and injuries can happen, but using dynamic posture during exercise decreases the potential for them to occur. As such, and in contrast to dynamic posture, poor posture occurs when any body part or position is not in proper alignment. This results in undue stress and pressure to the tendons, ligaments, muscles bones and joint systems of the body.

Coaches should address posture, alignment and imbalances verbally, nonverbally and through safe and well-designed programs. Poor posture can be adjusted but it takes work and time to break these vicious cycles. The body needs to be retrained and re-aligned by stretching tight muscles while strengthening the weaker ones. Postural analysis and corrections assist in the ability of coaches to teach their clients about neutral spine and proper body alignment.

Movement Observation

Prior to performing a Movement Observation, it is recommended that coaches either take a picture or video/film their client(s). This will provide an observable and trackable benchmark for training sessions and to show improvements in gains. As coaches complete each observation for each exercise, they should make notes about what they observe.

Sagittal Plane Observation

Calf and Hip Observation

Have the student step back with the right foot; notice if they externally rotate the foot while doing so. Repeat on the left. If they externally rotate, there is likely a tight calf and anterior hip complex. This test is designed to find out about your hip flexors and calves to see if they are tight can lead to back and or knee issues.

Causes: High heeled shoes, training incorrectly (too many supine crunches) long periods of sitting.



Hip Observation

Have the student balance on the right foot and reach their arms to the ceiling to see if they can move through hip extension or only lumbar extension. Watch to see if the hip moves. Repeat on the left side. If they do not move the hip freely, then they likely have a tight anterior hip complex. This is typical of anyone who sits during the day.

Frontal Plane Observation

Next this test allows you to look to see which side you have better lateral flexion on as it is normal that you are able to move to one side farther than the other. Standing with both feet parallel, flex to your right and to your left and notice which side you move farther, and notice if there is any discomfort or tightness to one side.



Transverse/Horizontal Plane Observation

Have the student rotate from right to left and observe whether they are able to rotate with the same amount of mobility on each side. Normally you will see that there is less rotation to one side, which is also be the same as less lateral flexion in the frontal plane indicating back pain.



Observation and causes

During dynamic observations, such as those mentioned throughout the program, there is much going on with the systems of the body, gravity and balance. This is why film/video is so valuable; coaches are able to review it after the client has performed the movement.

Remember, as a strong support for the body, the feet have an influence on the kinetic chain, so these observations will begin at the feet. Be sure to look at the feet for pronation. Clients who pronate will have flat feet, or flattened arches, and may also present symptoms of plantar fasciitis or bunions. They may also walk pigeon-toed and have a callus under the big toe.

Unlike pronating clients, those who present supination will typically walk on the outside of the foot. In addition to walking on the outside of the foot, supinated clients may present external rotation of the foot. Their foot (or feet) may have a callus on the outside of the foot. Surprisingly, supination will be more common in the male client. Coaches may literally see them walk more like a duck! When determining appropriate stretches, be sure they are performed equally on both sides.

Supinated Foot Observations

1. Supination results in a higher arch.
2. Supination will lead to walking more on the outside of the foot and creating a callus. Rotation targets right gluteus minimus and medius, elevates the arch.
3. The fifth toe may be tucked under and may have a limited toenail.
4. Supinated feet are more prone to lateral ankle sprains due to overutilizing the muscles on the outer part of the foot and ankle.
5. Clients will report and present tight glutes and hamstrings.
6. Clients may literally walk like a duck!



Pronated Foot Observations

1. May lead to Hallux Abductor Valgus (bunions)
2. Arch Pain
3. Plantar Fasciitis (heel pain)
4. Metatarsalgia (ball of foot pain)
5. Shin Splints
6. Ankle Sprain
7. Achilles Tendonitis
8. Hallux Rigidus (stiff 1st toe)
9. Knee Pain
10. Flat Feet



Again, remember the importance of the feet. After both static and dynamic movement observations, notice that the feet have an influence on the kinetic chain.

Supinated Feet and Kinetic Chain Effects

1. Probable lateral ankle sprains
2. Lack of lateral hip movement
3. Medial knee issues
4. Tight gluteus (esp., medial)
5. Low and/or upper back pain
6. Sacroiliac joint issues
7. Lack of mobility in the lumbar and thoracic spine
8. Flat back or kyphosis

Pronated Feet and Kinetic Chain Effects

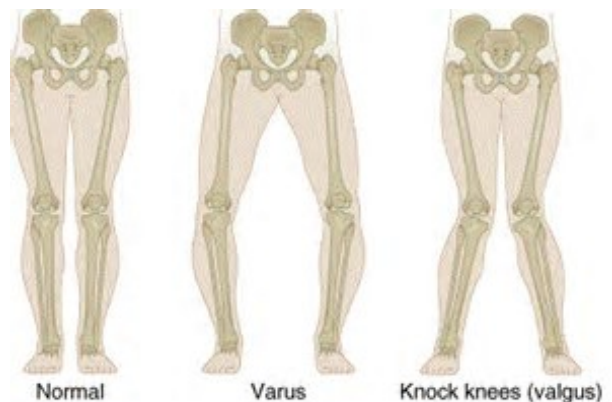
- Difficulty wearing high-heeled shoes
- Tight hip flexors; rotation targets right gluteus minimus and medius, elevates the arch
- Weaker glutes
- Lordotic posture (Lower Cross Syndrome, see illustration)

Once the feet and ankles have been examined, it is necessary to spend a little time observing the knees. As mentioned, coaches should look for signs for Valgus and Varus, which provide valuable feedback into the weight distribution and tightness of muscle groups. However, in addition to these knee symptoms, coaches should also look for signs of genu recurvatum, which is a condition whereby a client hyperextends through the knees.

Knee Observation

Valgus knee (knock knee) can stem from a pronated foot, wearing high heels or pregnancy. It's more common in women. The shearing force is on the lateral side of the knee, causing meniscus issues and or wear and tear on the cartilage.

Varus knee (bowleg) can stem from a more supinated foot and walking on the outside of the foot as well. It's more common in men. The shearing force is more medial pain causing possible ACL issues.



Common Postural Issues

In addition to the feet and knees, common postural issues clients present will be either lordosis or kyphosis of the spine.

Lordosis, or Lower Cross Syndrome, results from an excessive anterior pelvis tilt. This is noticed more typically in females rather than in males. Lordosis can be caused by pronated feet, tight calves, excessive valgus, weak gluteus, tight hip flexors, weak abdominals, pregnancy and the excessive wearing of high heels.



Kyphosis, or Upper Cross Syndrome, was once most commonly seen in males and in the elderly. However, sitting for extended amounts of time, driving and constantly looking down (text messaging, for example) have made kyphosis a more prevalent syndrome. Kyphosis is recognized as an excessive posterior curvature in the thoracic or cervical spine and pelvis. It can be caused by supinated feet, tight hamstrings, gluteus, iliotibial (IT) band and/or tensor fasciae latae (TFL), tight pectorals, weak erector spinae muscles, and again, sitting for long periods in front of a computer or television.



CREATING CHANGE

Creating a conscious movement or exercise for a subconscious result = CHANGE. When we look at how everyone is different both physically and mentally, we are a true coach! Everyone learns differently as well. When we make the small changes in posture we then can look at the joints being better aligned both functionally and emotionally.

Learning Stages

1. Cognitive – The cognitive participant possesses little to no body awareness; tactile, clear, and concise verbal cueing are recommended for instruction. Teaching this person how to “feel” as opposed to “think about” movement will be key.
2. Associative – The associative participant is the person who has a good sense of body awareness and processes “feeling the movements” well. Cue using visual demonstrations and challenge them to new levels of progressions and variations.
3. Autonomous – The autonomous participant will be the quick or natural learner, possessing good skills and a good sense of “kinesthetic feelings of alignment and correctness.” This person can be challenged to push their limits, and instructors are encouraged to introduce new exercises and different equipment.

Behavioral change is ultimately what we are looking for!

Preparing the body for exercise and movement is both mental and physical work that can take years to develop. Mental strength, which is a behavioral science, is just as important as physical strength and must also be considered when asking clients to perform exercises.

When establishing, coaching and/or creating exercise routines, or when building progressions in sessions, functional fitness coaches should always ask, “Does the risk of completing this exercise outweigh the benefit of completing the exercise?”

Coaches should implement gaining an understanding a client’s readiness to change and identify each client’s motivation for pursuing a wellness approach.

Coaching for Success

Coach name of the movement: (such as, squat parallel)

Cue the purpose of this exercise: This will engage the hamstrings and glutes making sure the weight is in your heels and you can see your toes. Think of sitting in a small chair

Connect: You should feel this in the glutes and not the knees

Compliment: "You are doing a great squat based on your range of motion"

Be a coach, not a performer.

When we are teaching coaching and cueing, it is vital to face the students so that you can observe their alignment and expressions.

General Movement Coaching

1. The purpose of this exercise is...
2. You should be feeling it _____
3. Move to your range of motion
4. Lengthen the spine by keeping it neutral
5. Weight in your heels for a squat or lunge
6. Stand tall
7. Think of lengthening your body against gravity
8. Never move to the point of pain
9. Find neutral by lengthening

Specific Movement Coaching for Lower Cross

1. Find neutral spine both while standing or supine
2. Lengthen the calves by making sure all ten toes are facing forward
3. When reaching the arms above the shoulders do not arch the back
4. When extending the hip do not arch the back
5. Draw navel to spine

Specific Movement Coaching for Upper Cross

1. Shoulders in your back pockets
2. Relax the neck
3. Lengthen the spine

Coaching the Emotion Examples

We never know what a student is dealing with emotionally, and it is often reflected in their posture. When we reinforce a positive outcome then the student is more likely to physically and emotionally change.

Visualization IS necessary for change. We as coaches set a positive stage to help them to be present for the class and let their negative beliefs or emotions go for the time they are there. I love beginning with, "I now release and let go all thoughts and emotions conscious and subconscious that are not for my highest and best good and I am now ... In the moment, life inner force energy now, relaxed, centered, etc. Here are some others you can use:

You are amazing
You are strong
You are pain-free
You are improving
You are getting better
You are now releasing pain
You are now releasing stress
You are relaxed

You are centered
You are in and part of your body
Listen to your body
You are releasing any negativity from your body
Let go of your stress now and let the light shine in
Your body is your temple

Set the stage for what you want to accomplish in a short amount of time. Ask the students how they feel both physically and emotionally in their bodies.

What is it that a student wants to accomplish from the class? For example:

Stress reduction
Less pain
Better flexibility
Better focus
Relaxation

SETTING THE CLASS intention for the NOW

- I NOW RELEASE AND LET GO ALL THOUGHTS AND EMOTIONS CONSCIOUS AND SUBCONSCIOUS THAT ARE NOT FOR MY HIGHEST AND BEST GOOD and I AM PRESENT NOW TO MAKE THE NECESSARY CHANGES I DESIRE
- WITH BREATH I NOW RELEASE AND LET GO whatever that might be
- I AM STRONG both body and mind
- I AM AGELESS
- I AM AMAZING

Neutral Spine and Always Adding Breath

Moving in neutral is less work for the body. Moving in neutral is moving in balance. When you're out of alignment, you're out of balance. All the muscles that stabilize and support the spine and pelvis to maintain neutral play a role and function to staying balanced, whether you are in a static or moving position. The position of the spine is where every joint is held in an optimum position by the connective tissue (fascia) with symmetrical tension to allow an equal distribution of force throughout the kinetic chain. Neutral spine is also the most natural position for the cervical, thoracic and lumbar spine to be in with relation to the hips. These three curves are sustained in alignment by the fascia, ligaments that attach to the vertebrae of the spine, and the tendons and muscles that attach on them. These structures support and stabilize our spine and without would collapse.

- Activating the deepest layer of the core known as "navel to spine" at about a 15% contraction allows the spine to be neutral and move without restrictions
- The breath is an essential part of the movement. Breathing in through the nose and out through the mouth allows the intrinsic core to become activated. And inhaling and exhaling through the nose is acceptable
- With the inhale, the ribs expand laterally; with the exhale the abdominals draw inward.
- Breath should be natural and never restricted or forced.

The chemical effect of breath and the nervous system

Breathing is a necessity of life that usually occurs without much thought. When you breathe in air, blood cells receive oxygen and release carbon dioxide. Carbon dioxide is a waste product that's carried back through your body and exhaled. Improper breathing can upset the oxygen and carbon dioxide exchange and contribute to anxiety, panic attacks, fatigue, and other physical and emotional disturbances.

The Breath is a Crucial Part of Movement

- When exhaling the diaphragm lifts, causing the pelvic floor to engage
- When inhaling the lungs expand, creating pressure on the pelvic floor
- The TA is a respiratory muscle and automatically engages while exhaling
- Cue to exhale on the exertion of the exercise; maintaining neutral will allow the respiratory system to work naturally

Breath and calming the body and mind

The breath is crucial to cue not only for core activation but to help move through the discomfort of myofascial work.

Myofascial Work: Physical and Emotional Benefits

When a body is pain-free it is an ageless body. It is a body that will perform as you desire it to do so.

The Ageless Body Rolling

- Adding in compression/rolling to each training is vital for hydration and function of fascia
- Specific exercises follow rolling techniques based on the planes of motion
- Mantras to be mindful of
- Include breathing techniques with all compressions
- What is fascia rolling for longevity?
- Fascia rolling, also known as foam rolling, is a self-myofascial release technique.
- In general foam fascial rolling should be done very slowly and with control, focusing on tender areas and breathing.
- If any pain is experienced, stop and assess what to do next. Consulting one's physician may be best.
- Diminish aches, pains and stiffness
- Increase flexibility and range of motion
- Increase inter-cellular hydration
- Increase blood flow
- Prevent injuries



The emotional fascia and pain. As a coach be prepared to have students possibly have very sensitive areas of the body that maybe linked to emotional issues. They are not only dealing with physical pain but possibly emotional pain as well.

The Function of the Planes of Motion as They Relate to Movement and Emotions

- Sagittal is anterior and posterior of the body, which gravity will influence. When you have the ability to open the front of the body, you are open to change. If you are in constant flexion, you are closed to it (resulting from crunches, excessive sitting, etc.).
- Frontal is either right or left lateral of the body, which gravity will influence. The yin and yang need to be balanced. There is always one side of the body that may be resistant to change.
- Transverse is pure movement not influenced by gravity. Rotation allows for being both emotionally and physically flexible to change.

Coach, Cue, Connect, Compliment

Cue the breath through fascia release and movements

- Calms the mind, reducing worries and anxieties
- Improves focus and attention, removing brain fog
- Increases energy, bringing enthusiasm and positivity
- Boosts the immune system
- Rejuvenates the body and mind
- May even slow down the aging process

You will want to do both sides of the body equally and notice throughout the program where there is change in mobility, less pain etc

The Ageless Program and The Ageless Transformation

- Expand body awareness both physically and emotionally
- Increase temperature to increase flexibility and blood flow
- Find ROM position that translate to function
- Focus on lengthening
- Introduce basic movements and purpose
- Breath activation
- Use all three planes of motion
- Combine mantras and movement

Floor Exercises Core

- Strengthen the anterior, posterior, and lateral core muscles
- Protect the spine by utilizing the Bender Ball™
- Focus on lengthening the anterior posterior core
- Enhance spine articulation
- Moving with proprioceptive awareness
- Make sure to breathe
- Make sure ball is always placed under the mid back
- Only extend until students feel the front of the body
- Add rotation of the body
- Add gliding

Equipment

Therapy or tennis ball "TB"

Bender Ball "BB"

Rollga "R"

Gliding "G"

Tube "T"

Tennis Ball or therapy ball myofascial exercises

Begin with the feet (with a tennis ball). Brush your teeth, massage your feet! There are 20 muscles in the foot that give the foot its shape by holding the bones in position and expand and contract to impart movement. Massaging the feet with compression will give you more energy and put a spring in your step.

Place the ball under the mid tarsal joint and keep the heel on the ground. Flex and curl your toes. Next, press down the arch of the foot on the ball like you are squishing a bug. Roll the ball under the arch purpose to stimulate the fascia of the foot. This area is sensitive due to wearing inappropriate shoes, plantar fasciitis, standing for long periods, or pronation or supination.



Calf

This is an exercise that everyone should do to have more functioning ankles, knees and hips. Begin seated, placing the ball underneath the middle of the calf. Hinge forward until you feel pressure on the calf. (You can flex and extend the ankle.) The purpose is to stimulate the fascia of the calves (gastrocnemius, soleus).

This area can be sensitive due to wearing high-heeled shoes, over working in plantar flexion (barre classes), or not stretching the calves enough.



Outer thigh

This is a great exercise for the active runner or cyclist. Begin by placing the ball under the lateral part of the quads above the IT band. Add compression with the opposite hand, pressing gently on the upper thigh. The purpose is to stimulate the fascia of the outer thigh (vastus lateralis).

This area is sensitive due to
Improper shoes
Tight hamstrings
Tight glutes
Activities such as running, cycling, etc.



Glutes

Begin by placing the ball underneath the glute. Hands can be to the side. Slowly let the knees fall to the right. The purpose of this exercise is to stimulate the fascia of the

glutes. Variation is to be supine and rotate in the opposite direction. This area is particularly sensitive due to excessive sitting, sciatica, or weakness.



Hip flexors

The hip flexors are very sensitive and it is recommended to perform the variations with or without body weight. Begin on your forearms. Place the ball in between the hip crest and gently apply body weight pressure. Purpose: to release the area of the anterior hip muscles and fascia (psoas, iliacus). If not addressed this area will create issues in the low back, knees and hips, which can lead to greater problems.

This area is sensitive due to sitting, over-training them (crunches!), weak glutes, Lordosis posture, wearing high heels, or not stretching correctly.



Quads

The quads are used a lot in everything that we do and this will help to release them. Begin on the forearms or sitting in a chair and apply body weight pressure. You will need to move the ball around to get

different areas of the quads, as they are such a big muscle group. Purpose: is to release the muscles and fascia of the anterior leg quads (vastus medialis).

This area is sensitive due to squats, over-training, or sitting.



Shoulder anterior front

Quick pain release. Place the ball in between the shoulder and the chest and gently massage the area. This is a good exercise for anyone who spends time sitting. The purpose is to release tight chest muscles (pectoralis minor) and fascia. This area is sensitive due to sitting over a computer, over-training the chest, sitting in a car, or sleeping only on one side.



Shoulder posterior back

Begin either sitting in a chair or supine placing the ball above the scapula (can be done also at a wall). Next, gently apply pressure of the body into the ball. Purpose: to release the muscles and fascia above the shoulder (upper traps).

This area is particularly sensitive due to sitting over a computer, driving, poor posture (kyphosis).



Neck posterior back

This area is chronically stiff and in pain due to stress and sitting over a computer, making this good a good movement to end your day. Begin by lying supine and place the ball on one side of the neck. Gently turn the head in the same direction. Purpose: to release tension in the neck. This area is very sensitive due to sitting, stress, incorrect core training, bad posture, kyphosis.



Sitting forearms and quads

This is a quick fix for tired forearms and quads for anyone who sits during the day. Begin in a seated position. Placing the ball on the thigh or on the desk slowly roll the ball under the hand or forearm, changing the hand position to supination and pronation. Apply gentle pressure into the thigh. Purpose: to release tension in the forearm and to massage the thigh. This area is sensitive due to sitting at a computer, texting, carpal tunnel, over planking.



Calf-lengthening, sagittal plane

Purpose: To lengthen the calves.

Cue: Begin both feet parallel in a hip-width stance and reach shoulder height until you feel the posterior calf lengthen.

Muscles: Calves

Progression: Reach farther

Regression: Reach less



Anterior Hip, Lengthening Sagittal Plane

Purpose: To lengthen the anterior hip flexors. Cue: Begin in the same stance as the calf-lengthening and reach the arms over the shoulders and bend the anterior knee to create length in the posterior hip. Do not let students arch their backs. Muscles: Hip flexors. Progression: Bend anterior knee farther. Regression: Bend anterior knee less.



Posterior Hip-Lengthening Sagittal Plane

Purpose: To lengthen the posterior hip.
Cue: Begin in the same position and reach below the anterior knee until you feel the posterior hip lengthen. Make sure the spine is straight.
Muscles: Gluteus, hamstrings
Progression: Reach farther
Regression: Reach less



Lateral Hip Frontal Plane

Purpose: To lengthen the anterior lateral hip complex.

Cue: Begin in the same position and reach the arms above the shoulders and laterally flex towards the posterior hip to lengthen the anterior hip.

Muscles: Hip flexors and obliques
Progression: Reach farther
Regression: Reach less



Posterior/Anterior Lateral Hip, All Three Planes

Purpose: To lengthen the posterior and anterior complex.

Cue: Begin with one hip posterior and one anterior. Reach below the anterior knee while rotating the spine. Return by lengthening the torso while extending arms over the shoulders and rotating in the opposite direction.

Muscles: Gluteus medius and minimus, hip flexors

Progression: Bend the anterior knee more and reach farther

Regression: Perform at the bar



Standing Exercise Foundations

When designing your class, it is important to blend both larger movements with balance exercises. Sequencing should be performed in all exercises when appropriate.

- Full range of motion to focus on lengthening
- Half range of motion to focus on endurance
- Static hold to focus on strength

Gliding Exercises

Make sure that students have the center of the foot on the disc and become used to it first before proceeding with the full range of motion.

Posterior Lunge

Purpose: To lengthen the gluteus/hip flexors through full and half range of motion.

Cue: Begin with the gliding under the right foot in an upright position. Next, slowly lunge posterior until the quad is felt. By reaching to the knee it will be more of a glute exercise; by reaching above the shoulder it will be more of a hip flexor exercise. Keep weight in the front foot heel and align the knee so as to not experience pain. Modification: use a chair and grip to assist with pulling.

Muscles: Primary gluteus and hamstrings while lengthening the hip flexors in the posterior leg.

Regression: Keep movement small

Progression: Work on a full range of motion

Variation: Move forward and back

Modification: Chair



Skater with Gliding (adduction-abduction)

Purpose: To lengthen and strengthen the gluteus group and lateral side of the body, and to lengthen and rotate from the upper thoracic spine.

Cue: Begin with the gliding under the right foot. Next, abduct the hip and return with a



straight knee. Next, progress to bending the left knee and abduct the left hip, reaching forward. Next you can reach over the left knee to activate more of the lateral hip.

Muscles: Gluteus minimus medius and maximus, hamstrings, adductors

Regression: Only reach toward the thigh

Progression: Reach toward the floor

Variation: Bring posterior leg behind anterior leg and hands on hips

Plank with Gliding

Purpose: To strengthen the core while moving the extremities from the midline of the body.

Cue: Make sure that the core is engaged to protect the back.

Primary muscles:

All muscles that surround the core

Regression: Stay on the elbows and only lift the knees off of the mat

Progression: Be on the hands and knees while performing the exercise



Plank with gliding variations:

Abduct one hip

Mountain climber

Mountain climber bringing the knee to the elbow

Mountain climber bringing the knee to the opposite elbow

Modification and variation

Forearm lift the knees

Forearm plank

Forearm pike

Muscles anterior and posterior core shoulder complex

Regression forearms

Progression hands



Bender Ball Exercises

Bender Ball Standing Parallel/Staggered/Balance Squat

Purpose: To lengthen the posterior chain and to strengthen the adductors.

Cue: Begin with the ball in between the knees and activate the inner thighs, balancing the right foot on the ball as a more difficult exercise. Keep spine extended.

when starting the movement and keep the weight in the heels. Activate the adductors when returning to starting position.

Progression: place one foot on the ball for balance

Regression: Keep range of motion limited for knees and keep heels down

Variation: Staggered stance of the feet, add a balance challenge



Skater Balance

Purpose: To create balance on the supporting leg while moving the other.

Cue: Begin by placing the ball under the right foot and slowly squat with the left foot putting very little pressure on the ball. Keep lifting and engaging out of

the supporting side glutes and engage the core. Only move to the point that you can control the movement.

Muscles: Primarily the supporting side adductors on the opposite side

Regression: Keep the foot on the floor

Progression: Lift slightly higher

Variation: Bend the knee into attitude and lift the heel on the supporting side (advanced)



Posterior Balance Exercises

Purpose: To lengthen and strengthen the hip that is extended.

Cue: Begin with a squat with the ball in between the knees and lift the right foot off of the floor. Make sure that the posterior hip is never higher than the spine for safety.

Primary muscles: Gluteus maximus,

Regression: Slightly lift posterior hip

Progression: Lift posterior hip higher



Sagittal Lunges with Bender Ball to lengthen the hips anterior posterior and medial

Purpose: to lengthen and strengthen the hips while lunging in the sagittal plane (keeping neutral spine)

Cue: Begin with lunge posterior and focus on the following when reaching the arms in different positions

Reach shoulder height focus on a neutral spine

Reach the arms over the shoulders and focus on lengthening the hip flexors

Reach the arms/hands below the front knee to lengthen the glutes

Rotate same side and focus on the obliques

Laterally flex same side while reaching over the shoulders

Primary muscles: All anterior and posterior muscles controlling the hips and core

Progression: to lunge deeper

Regression: lunge less



Frontal plane lunges

Purpose: to lengthen and strengthen the lateral/medial muscles of the hip

Cue: Begin by lunging laterally and upright. Then add in reaching in different positions to change the reaction in the body

Same side rotation: focus on activating the core

Below the knee: focus on lengthening the posterior glute

Overhead: same side focus on lengthening the spine

Progression: lunge deeper

Regression: lunge less and focus on the reaching



Foundational Exercises with Bender Ball

Placement of the Bender Ball

Each student is different, so asking them to wedge the ball behind the low back is the best placement. Always advise and watch your students to make sure they are not hyper-extended beyond a safe range of motion.

Seated Anterior/Lateral Core with Bender Ball

Purpose: Lengthen and strengthen the anterior/lateral core.

Cue: Begin by wedging the ball under the low back making a C curve with the lumbar and with thoracic extended. Only extend the spine until the front of the body engages by shaking. Start with one arm, then both, then look at the ceiling with the eyes only. When adding rotation, make sure to lift up and out of the spine before initiating the movement.

Primary muscles: Rectus abdominals and obliques

Regression: Hold onto the side of the legs

Progression: Reach farther

Variation: Add hand-held weight



Side-lying Core with Bender Ball

Purpose: To lengthen and strengthen the lateral core muscles.

Cue: Begin by placing the ball in between the ribs and the hips. Initiate the movement first by activating the side of the body.

Primary muscles: Obliques, multifidus

Regression: Keep one hand on the floor for assistance

Progression: Take supporting hand off the floor



Hands and knees balance with Bender Ball

Purpose: to activate the core

Cue: Begin by placing one knee on the ball with toes on the ground, then lift the right foot

Primary muscles: core

Regression: do not use the ball

Progression: lifting both feet and balance



Hand balance with Bender Ball

Purpose: To strengthen the muscles surrounding the shoulder and giving an option of not performing a push-up on the floor.

Cue: Begin on the hands and knees placing the right hand on the ball. Next lightly press into the ball. Initiate the exercise with a long spine and keep the abdominals engaged to protect the back. Place the hands the width of the shoulder.

Primary muscles: Pectoralis and muscles surrounding the shoulder core

Regression: Keep knees on the floor

Progression: Lift opposite knee



Bridge with Bender Ball

Purpose: To strengthen the hamstrings and adductors

Cue: Begin supine with the ball in between the knees. Next, lift the hips to neutral and then lower. You can also take one foot off the floor for intensity, keeping the hips still. Next, place the feet on the ball. Slowly lift and lower the hips and try not to squeeze the glutes.

Primary muscles:

Hamstrings and glutes
erector spinae

Regression: neutral
bridge

Progression: bal-
ancing bridge



Supine Balance and Hamstring Stretch with Bender Ball

Purpose: to lengthen the hamstrings and work on core balance

Cue: Begin with the ball under the tail bone, knees bent. Alternate touching the toes to the floor. Next, extend the knees to stretch the hamstrings. Variation: alternate the legs (scissors)

Primary muscles:

hamstrings and core
Regression: keep
knees bent

Progression:
straighten the knees



Supine Hip Flexor Stretch with Bender Ball

Purpose: to lengthen the hip flexors in a supine position to relieve back and or knee pain

Cue: begin in a supine position with half of the ball under the right hip. The left hip remains on the floor. Slowly reach the right arm over the head to lengthen the right side of the body. Straighten the right knee, and flex and point the ankle while taking deep breaths. Make sure the left hip is on the ground throughout.

Muscles: hip flexors, anterior fascial line



Upper/lower Body Exercises with Tubing or Bands

Shoulder Extension

Purpose: To strengthen and lengthen the posterior shoulder and triceps.

Cue: Begin by wrapping the tubing around the waist, holding the handles. Extend the shoulders until the triceps are engaged, making sure to extend the arms posterior of the shoulder. Keep elbows straight and press back until you feel the shoulders engage.

Primary muscles: Posterior deltoids and triceps

Regression: Do not hold the tube so tightly

Progression: Add a squat



Anterior Upper Body Bicep/Shoulder Side Lunge

Purpose: To strengthen and lengthen the anterior muscles of the arm

Cue: Begin by wrapping the tube around the right foot. Step and lunge out to the left. Next you can perform an upward row, bicep curl or shoulder abduction. Make sure to only pull the band toward you and upward, keeping arms at shoulder height.

Primary muscles: Anterior deltoids and biceps

Regression: Step closer smaller lunge

Progression: Add a deeper squat lunge and end in a balance by lifting the left foot off the floor



Anterior Shoulder with Posterior Lunges

Purpose: To train the anterior muscles, chest and glutes

Cue: Begin by stepping back and wrapping the tube around the arch of the foot. Next, flex the shoulders in front of the body.

Primary muscles: Anterior deltoids

Regression: Less resistance

Progression: Add a squat



Overhead Shoulder Press

Purpose: To strengthen the anterior shoulders.

Cue: Begin with bands behind the shoulders in a lunge position. Next, press both arms over the shoulders and or alternate.

Primary muscles: Anterior deltoid

Regression: Step closer to the wall

Progression: Step further away from the wall

Standing Balance

Purpose : To strengthen the deltoids and the biceps, to work on balance on the supporting side, and lengthening the hamstrings

Cue: Begin by wrapping the tube under the right foot. Next, upward row while lifting the left

foot off the floor. Balancing on the left, lift the right foot while performing a row or bicep curl

Regression: Toe tap

Progression: Add a higher hip flexion



Shoulder and hip abduction

Cue: Begin by wrapping the tube around the right foot. Balancing on the left, abduct the left hip and right shoulder

Regression: Toe taps

Progression: Lift the hip bit higher

Cue: While rotation cue to initiate the movement with the obliques. When side-bending lift up and out of the ribcage to initiate the movement.

Primary muscles: Obliques



Bender Ball and Gliding Weights

In the following exercises, utilizing the equipment can make it multi-functional.

Seated Anterior Core with Bender Ball and Gliding (handheld weights or tubing)

Purpose: To lengthen and strengthen the anterior core while protecting the back.

Cue: When beginning the movement, extend the arms to the point that you feel the front of the body engage. When flexing and extending the knees with the gliding discs, focus on using the core, not the hip flexors. When adding rotation, initiate with the upper back.

Variations with weights or bands

Bring the weights over head/alternative reaches. Add rotation

Tubing bring overhead and add a resisted pull. Add rotation

Primary muscles: Rectus abdominis, obliques deltoids

Regression: Hold onto the thighs

Progression: Extend the arms over the shoulders and add rotation with weights or tubing



Side-lying Core with Bender Ball and Gliding Disc

Purpose: To strengthen the obliques and to simulate a Pilates mermaid.

Cue: Begin lying on your right side with the ball in between the ribs and hips and the right hand. When initiating the movement, think of lengthening the arm over the shoulder as though you were reaching for something.

Primary muscles: Obliques







Regression: Place the free hand on the floor for support

Progression: Reach with the free hand over the shoulder



Lengthening exercises and stretches in the planes of motion

These can be done as your warm-up or, movements combined with other exercises.

Plane	Movement	
S	Lunge reach shoulder height lengthen posterior hip	
S	Lunge reach over the head lengthen anterior hip	
S	Lunge reach below the knee lengthen the posterior hip	
S	Lunge lateral flexion lengthen the anterior hip	
F	Lunge lengthen the lateral hip area	
F	Lunge reach below the knee lengthen the posterior hip	

F Lunge reach overhead same side lengthen the lateral hip



F Lunge reach opposite lengthen the adductors



T Lunge reach shoulder height lengthen the lateral hip



T Lunge reach below the knee lengthen the lateral hip



T Lunge reach over head lengthen the anterior hip



T Squat lengthen the lateral hip



Rollga Release and Roll

The Rollga has three contours (middle one being narrower) and two ridges specifically for the muscles and fascia to float through, which is beneficial to increase flexibility, blood flow and hydration to the tissue.

Begin with gentle rolling or flossing the tissue followed by compression (usually on a ridge if applicable).

Compression hold for approximately five to 10 seconds

Repeat flossing (this is done in a contour); roll slowly back and forth in the desired area.

Breathe deeply through all movements.

Do equal rolling on both sides of the body.

There will be areas that are more sensitive than others.



Feet bottom



Single seated calf



For more intensity cross one over



Both calves



Forearms and quads



Shins



Shins



Shins modified



Quads on the forearms



Inner thighs



Glutes



Hamstrings



Lateral thigh IT band



Lateral thigh IT band



Mid back and shoulders



Mid back shoulders lateral flexion



Neck



Supine feet

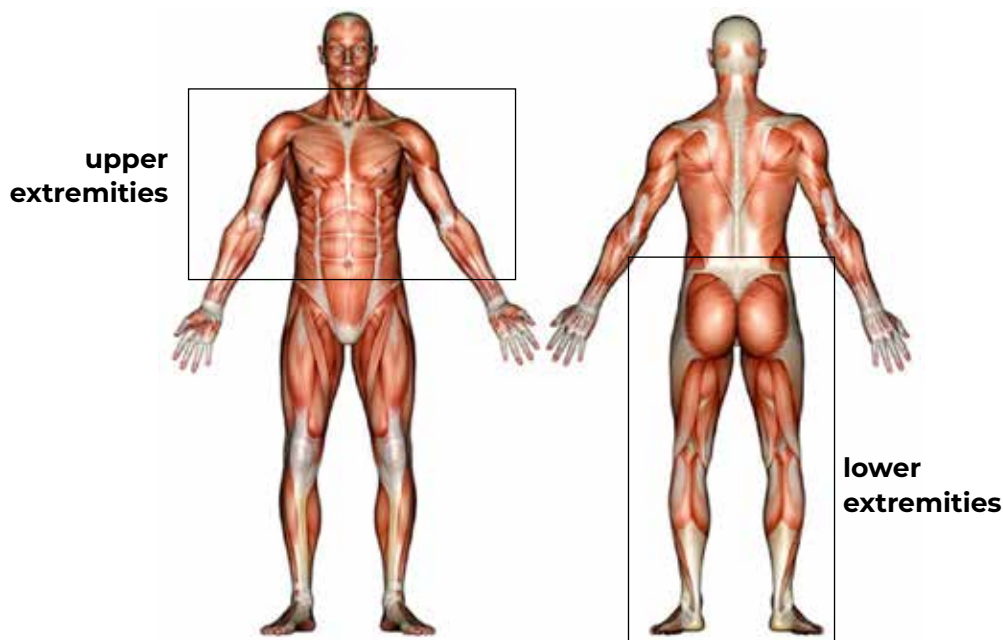


Bridge



Pectoralis

Appendix



Primary Lower Extremity Muscles Used in Movements

The vertical leg work section should be the most challenging portion of class. It should include exercises that maximize the gluteals, hamstrings, quadriceps, abductors and adductors. The focus during this portion of the workout is on the lower extremities, but you will not always be able to fully target each of these muscle groups into the workout.

Muscles that are influenced in exercises in the gluteus group: Gluteus maximus, gluteus minimus, and gluteus medius

Gluteus Maximus

When the gluteus maximus takes its fixed point from the pelvis, it extends the femur and brings the bent thigh into a line with the body. Taking its fixed point from below, it acts upon the pelvis, supporting it, and the trunk upon the head of the femur; this is especially obvious when standing on one leg. Its most powerful action involves causing the body to regain the erect position after stopping. It does so by drawing the pelvis backward. This action is assisted by the help of the hamstrings.

Gluteus Minimus

The gluteus minimus is engaged as you abduct and rotate the thigh, creating hip abduction and rotation. The gluteus medius and gluteus minimus together abduct the thigh. This action occurs when the (leg) limb is extended and are principally called into action in supporting the body on one limb, in conjunction with the tensor fascia latae (TFL).

Gluteus Medius

With the leg in neutral (straightened), the gluteus medius and gluteus minimus function together to pull the thigh away from midline, or “abduct” the thigh. During your gait, these two muscles function principally in supporting the body on one leg, in conjunction with the tensor fascia latae, to prevent the pelvis from dropping to the opposite side.

Hamstrings

The hamstring muscle group includes: Semitendinosus, biceps femoris, and semimembranosus. By bending only at the knee and not the hip during an exercise you will activate the hamstrings in isolation from the other muscles of the legs.

The semitendinosus and semimembranosus extend the hip when the trunk is fixed; they also flex the knee and medially (inwardly) rotate the lower leg when the knee is bent. The long head of the biceps femoris extends the hip when the body begins to walk; both short and long heads flex the knee and laterally (outwardly) rotate the lower leg when the knee is bent.

The hamstrings play a crucial role in many daily activities such as walking, running, jumping, and controlling some movement in the trunk. In walking, they are most important as an antagonist to the quadriceps in the deceleration of knee extension.

Quadriceps

The quadriceps muscle group includes: Vastus medialis, vastus intermedius, vastus lateralis, and rectus femoris.

By flexing at the hip joint during an exercise, you will activate the quadriceps muscle group. All four quadriceps are powerful extensors of the knee joint. They are crucial in walking, running, jumping and squatting. Because the rectus femoris attaches to the ilium, it is also a flexor of the hip. This action is also crucial to walking or running, as it swings the leg forward into the ensuing step. The quadriceps, specifically the vastus medialis, play an important role of stabilizing the patella and the knee joint during a body's gait.

Adductors of the Hip

The adductors are a group of muscles that serve in hip adduction when side-lying or walking to slow down and decelerate hip abduction.

1. Adductor Brevis Muscle

Muscle in the thigh situated immediately behind the pectineus and adductor longus

2. Adductor Hallucis Muscle

Muscle responsible for adducting the big toe

3. Adductor Longus Muscle

Skeletal muscle located in the thigh

4. Adductor Magnus

Muscle on the medial side of the thigh

5. Adductor Minimus

Small and flat skeletal muscle in the thigh

Flexors of the Hip: Iliopsoas and Iliacus

Iliopsoas refers to the combination of the psoas major and the iliacus at their inferior ends. These muscles are distinct in the abdomen, but usually indistinguishable in the thigh. As such, they are usually given the common name "iliopsoas" and are referred to as the dorsal hip muscles or inner hip muscles. The psoas minor does contribute to the iliopsoas muscle. The psoas major originates along the lateral surfaces of the vertebrae T12 and L1-L3 and their associated intervertebral discs. The iliacus originates in the iliac fossa of the pelvis. The psoas major unites with the iliacus at the level of the inguinal ligament and crosses the hip joint to insert on the lesser trochanter of the femur. The iliopsoas is involved in flexion and lateral rotation (supination) of the thigh. If the limb is fixed, they are involved in flexion of the trunk.

The flexors of the hip are activated when there is flexion of the hips. This is the most over-used muscle in the human body and contributes largely to back pain due to the attachment on the thoracic spine. Most people spend time sitting which shortens the hip flexors. The hip flexor is the only muscle group that connects the upper body to the lower body.

Gastrocnemius and Soleus

Gastrocnemius and soleus muscle groups are activated when there is flexion at the ankle and flexion at the knee. The gastrocnemius is located with the soleus in the posterior (back) compartment of the leg. The lateral head originates from the lateral condyle of the femur, while the medial head originates from the medial condyle of the femur. Its other end forms a common tendon with the soleus muscle; this tendon is known as the Achilles Tendon. It inserts onto the posterior surface of the calcaneus, or the heel bone.

Anterior Tibialis

The anterior tibialis aids in the activities of walking, running, hiking, kicking a ball, or any activity that requires moving the leg or keeping the leg vertical. It functions to stabilize the ankle as the foot hits the ground during the contact phase of walking (eccentric contraction) and acts later to pull the foot clear of the ground during the swing phase (concentric contraction). It also functions to 'lock' the ankle, as in toe-kicking a ball, when held in an isometric contraction.

Any standing leg work requires the anterior tibialis to contract and dorsiflex the ankle. So, like the calf muscle group (gastrocnemius/soleus), it is not necessary to offer workouts specific to the anterior tibialis.

Primary Upper Extremity Muscles Used During Movements

The upper body work primarily involves the usage of bands, targeting the posterior and anterior parts of the shoulders, back and arms. Body weight exercises may also be incorporated for an added challenge.

Arms

The triceps are posterior of the arm responsible for extending the elbow. The biceps are anterior of the arm responsible for flexing the elbow.

Anterior, Posterior, and Medial Shoulders

The functions of the shoulder group include: Shoulder flexion, extension, adduction, and abduction.

Rotator Cuffs

Supraspinatus, infraspinatus, teres minor and subscapularis (SITS). Function of SITS include: Shoulder abduction, adduction, internal and external rotation.

The posterior back: Latissimus dorsi, trapezius, rhomboids, erector spinae

1. Latissimus dorsi is responsible for scapula horizontal adduction
2. Trapezius is responsible for shoulder elevation and depression
3. Rhomboids are responsible for shoulder adduction
4. Erector spinae is responsible for spinal extension

Anterior Chest

Pectoralis is responsible for shoulder horizontal adduction. Serratus anterior is responsible for shoulder stabilization.

The primary core muscles used during movement include both the global and local core muscles surrounding the spine. Due to the fact they all work synergistically, there is not one movement that isolates an area of the torso.

Local Core

Transverse abdominus, internal obliques, multifidus, diaphragm; the primary function is to stabilize the spine, serving as the body's "corset."

Global Core

Rectus abdominus, external obliques, erector spinae, gluteus group, hamstrings, hip flexors; the primary function is to move the body's extremities.

Modifications

As a general rule, we are not here to diagnose or provide physical therapy to our participants, but being able to offer modifications for those who are currently suffering from injury, in physical therapy or just generally pained body mechanics, will be a great asset to your classes.

Asking your participants simple, but poignant, questions and giving them movement options that relieve the pain (at least temporarily), will hopefully prevent them from further injury.

How does the foot affect the body? Internal or external rotation can drastically affect how an exercise feels on the body.

How do your arms change the exercise? The lever (your arm) changes where you feel an exercise. The main way we offer modifications in large group formats is by offering a ROM option that allows pain-free movement. For example, if a participant states that they have knee pain in a lunge, the first step is to try coming out of the lunge a bit to a less intense ROM. If a participant complains of back pain in a squat, simply giving them the option of not going down so low (not going to their neighbors' end range) will often take pain out of the back as well.

Foundational Exercises with Gliding Discs and Bender Ball

Bender Ball Tips

Inflation of the Bender Ball is important for the success of the exercise. If the ball is over-inflated like a basketball, it will be too full and very uncomfortable while performing exercises on the low back. Conversely, if it is under-inflated it will not give enough support to the low back. A happy medium is a full, soft ball that is a little squishy, and will protect the back during exercises. It is good to have a few balls that are a bit more inflated than others, specifically for those who have either short or long spines.

Gliding Discs

The gliding discs are meant to be placed under your feet during exercise so you can do smooth graceful movements that firm, tone, and sculpt long, lean muscles. They can also be used on the hands when doing floor work focusing on the core and upper body. When used correctly, gliding discs can either make an exercise easier for beginners, or for the more advanced they can provide more range of motion and intensity to an exercise to strengthen and lengthen all major muscle groups of the body. For those using the gliding discs for the first time, it is always better to introduce exercises that are slower and will help the participants get used to the gliding motion and establish their balance.

Placement of the Gliding Discs

Class Design necessities

When structuring a class each one needs the following components:

- Observation of your students both physically and mentally
- Getting a feeling for how they are (any discomfort or tightness etc)
- Postural observation: have everyone step back from neutral
- Laterally flex from right to left notice the difference
- Rotation from right to left notice the difference
- Touch toes, notice a difference

Explain that we will revisit this observation at the end of class

Warm-Up

- Sagittal plane lengthening
- Frontal plane lengthening
- Transverse plane lengthening
- Standing legs (full, half range of motion)
- Gliding lunges in all three planes
- Squats in all three planes
- Balance
- Transitions
- Upper body
- Utilizing hand-held weights
- Utilizing bands
- Utilizing body weight planking, push-ups, gliding
- Core

Bender Ball/gliding abdominals

Seated core exercises

- Gliding planking
- Bridging

Stretches

Bender Ball hip stretch suggested end of each session

Revisit observation

Postural observation before each class Have them do movement on both sides and notice if there is a difference

Standing from neutral	Standing hip with noticing any tightness
Step back observe tight hip or calf Sagittal	Did they rotate out the back foot?
Laterally flex right to left observe tight low back Frontal	Do they move freer to one side or is there discomfort?
Rotate observe tight low back Transverse	Do they move easier in rotation to one side?
Roll down observe tight hamstrings or low back Sagittal	Is one side tighter and is one hand closer to the ground?

Sample I Am Ageless Now™ Exercise library

Suggested programs

Restore

This class will focus primarily on restoration of the body mind a spirit moving slowly with deep breathing and mindfulness

EXERCISE equipment	PURPOSE/intention	CUE/MANTRA
Standing, centering and breath	To be present in the body	Inhale, filling the body with positivity and exhale, letting out the stale air and or negative thoughts
Roll down, sensing discrepancies	Notice if one side of your body is tighter	You will work on balancing yourself out
Calf/hip observation	If one of your calves or both are tight	You will balance out your calves to free the ankles and hips
Lateral flexion observation	Do you have pain on one side?	You will work on releasing any discomfort in your back
Rotation observation	Do you rotate farther to one side and is there discomfort?	You will work on releasing the low back
Foot massage/observe difference by roll down/balance	Place ball under the foot, compressions and flossing	Release the tension from your feet
Kneeling spine mobility	Start on the hands and knees, gently flex and extend the spine	Let the tension go from your back and hips and let fluidity come into your life
Setting the intention pose	Child's pose or resting (Bender Ball can be behind the knees)	You now release and let go all thoughts and emotions that are not for your highest and best good and you release stress from your body now. Repeat three times
Calf massage release	Therapy ball or roller	You will release the tension from your calves
Thigh massage release roller	Roller: place roller under the thighs (quads), floss and compress	You now release all tension out of your thighs

Down dog	On hands and knees	You release any tightness in your hamstrings and back
Chair pose	Hands at heart center	You are strong in your legs holding your pose
Vertical calf release	Step back with the right foot	You are now lengthening your calves to be strong and flexible
Vertical anterior and posterior/lateral hip release	Same position reach anterior and posterior to lengthen the hips	You are now lengthening the front and the back of the hips, improving mobility
Vertical lateral flexion	Same position laterally flex from right to left	You are opening your spine to the possibilities
Vertical rotation	Same position reach below the knee and return rotating in the opposite direction	You are opening your back and releasing the tension and increasing the flexibility
Down dog		Embrace the feeling in your body of allowing tension to melt away
Single thigh release right and left roller	Roller one thigh opposite knee on the mat	You are releasing any tension or discomfort from your legs now
Shin release roller	On the forearms with the roller under the shins	You are releasing the tension from your shins now
Down dog		Let this moment allow you to reflect on how amazing your body is
Lunge hip opener	Step forward with the right foot and reach in all the planes of motion	You release the tension on your hips allowing your body to become more flexible
Down dog		
Outer thigh release roller	Roller on the outside thigh	You are releasing tension from your legs now
Chair with a twist	Chair pose with lateral flexion	There is power in your body

Low back release roller	Begin in a supine position with the roller under the neck	You are releasing all tension from your back
Hip release with ball	Begin in a supine position with the ball under the right hip	You now release your hip from any tension
Neck massage rest pose roller	Begin in a relaxed supine position with the roller under the neck	Let the stress of the day go from your body

Ageless Body rejuvenate This program is based on increasing flexibility and strength and vitality

Exercise equipment	Purpose	Cue mantra
Vertical breath with reaching arms	Increase circulation	You are awakening your body with each cleansing breath
Forward fold	Lengthen the spine	Let all tension flow from your body now
Hands and knees using roller	To hydrate the fascia of the thighs	You are releasing tension and energizing your legs now
Downward dog	Hands in front of shoulder to a neutral spine lifting and lowering the heels	You are embracing your body
Chair pose to knee balance holding	Begin in a squat and then flex the right knee and alternate	You are strong and balanced
Calf lengthening holding roller or using as balance	Begin with the right foot behind with the feet facing forward next reach the arms shoulder height to lengthen the calves	Your calves are lengthened and strong
Hip lengthening holding roller	Same position as above next hold the roller and extend the spine,next reach below the left knee	You are opening and lengthening your hips allowing flexibility and mobility
Repeat sequence		

Lunges with varying reaches and in all three planes of motion beginning with the right side of the body		You are powerful; you are strong
Roll down to a forearm plank rolling the right thigh	Begin on the forearms, roller under the right thigh, compression and rolling	You are releasing any discomfort and stress from your body now
Repeat sequence		
Wide squat sequence with varying reaches holding roller	Begin holding the roller with a wide position squat. Reach the arms over the head and laterally flex to the side	My body and legs are strong and centered
Side lying on roller	Begin lying on your right side on the roller, left hand supporting (floating over IT band)	You are releasing all tension from the side of your body now
Repeat sequence		
Seated on roller hamstrings/triceps reverse plank	Begin seated on the roller supporting yourself with your hands and slowly roll the hamstrings	You are now releasing the tension from your hamstrings
Vertical squats with Bender Ball and roller	Begin with roller in front of the body for balance Bender Ball in between the thighs. Squat with the weight in the heels	Your legs are strong and can keep you moving through life
Seated core holding roller and Bender Ball	Begin by sitting with the Bender Ball wedged behind the low back. Hold the roller while leaning back into the ball (variation rotation)	Your core is strong. It holds your back in place and helps keep it pain-free
Supine bridge Bender Ball	Begin supine with the ball in between the thighs and feet on roller lift the hips and roll the feet on the roller while lifting the hips	Your hamstrings are strong and so is your core

Supine toe taps	Begin supine with the ball under the tailbone and the hips flexed. Slowly alternate touching the floor focusing on core	Your core is strong and balanced
Supine hamstring lengthening Bender Ball	Same position as above with extended knees to lengthen the hamstrings	You are lengthening the hamstrings and increasing flexibility
Seated core Bender Ball	Begin with the ball wedged behind the low back and slowly extend the arms and eyes upward. Lean back until the front of the body is engaged	Your core and body is strong; embrace it
Side lying core Bender Ball	Begin with the ball under the right side of the body left hand on floor for support. Slowly lift and lower the torso	Your core is strong and carries you through life
Repeat sequence		
Hip opener with Bender Ball	Begin supine with the Bender Ball under the right hip and left on the ground. Next reach the right arms over the shoulder and extend the right knee	With each breath you release your right thigh
Repeat stretch on other side		

The Ageless Body TRANSFORMATION

You will want to do both sides of the body equally and notice throughout the program where there is change in mobility, less pain, etc. This program increases strength, mobility and stability.

Equipment

Tennis ball

Rollga

Bender Ball

Gliding

Tubing

EXERCISE	Position	CUE/MANTRA
Standing centering and breath	Begin standing reaching arms over the shoulder with the breath	You are strong centered and powerful
Roll down sensing discrepancies	Roll down and notice if there's a discrepancy between the right or left side of the body	You may feel where you need to release tension through the workout
Calf/hip observation		
Lateral flexion observation		
Rotation observation		
Foot massage/observe difference by roll down/balance	Begin with the ball under the foot of choice for massage and compression	
Kneeling spine mobility	Begin on the hands and knees moving the spine in all directions to release tension or tightness	Let your body move authentically or like a baby learning to crawl
Setting the intention pose	Begin with the roller or ball behind the hips if there is inflexibility next sit back with arms reached in front of the body Take deep breaths	Set our intention to be more flexible, strong energized resorted in your body mind and spirit
Calf massage release	Begin with the rollga under the calves for compression and flossing	You are now releasing the tension from the calves so they can function for you

Quad massage release	Begin on the forearms place the roll-ga under the thighs next slowly floss and compress while bending and extending the knees	You are now releasing the tension from the quads so they can work for you
Down dog		You are beginning to feel your body awaken
Squat to balance	Begin in a squat to hip flexion balance on the right side	You will find balance can be a challenge both in the body and in the mind
Vertical calf release	Next step back to lengthen the calf by reaching shoulder height and bending the right knee	Your calves provide you the ability to walk run and do many things we are lengthening them now
Vertical anterior and posterior/lateral hip release	Same position as above next reaching both anterior and posterior to lengthen the hips	Your hips are lengthening and becoming more flexible and strong
Down dog repeat sequence		
Lunge with Gliding	Begin with the right foot on the disc. Lunge posterior and upright, next hinge forward	Find balance in the hips being upright you will lengthen the hip flexors and by hinging you strengthen and lengthen the glutes
Curtsey lunge gliding	Begin with the right foot on the disc and cross the right hip posterior of the left focusing on the lateral hip	Feel the left lateral side of the hip lengthen and strengthen
Down dog to plank Gliding	Begin with both feet on the disc Next roll down walking the hands out into a downward dog or knees extend to a plank next pull the knees in and out for core(variation forearms)	Your core is strong and by focusing on breathing and neutral spine you will be in correct alignment
Repeat sequence		

Thigh release roller	Begin on the right outer thigh with the roller under the thigh. Floating over the IT band, place the left hand on the ground (variation rotation)	You may have a sensitive IT band; embrace the discomfort as it may be stemming from other things causing pain
Side lunge tubing/upward row	Begin with the tube under the right foot while lunging to the left. Next add an upright row for the shoulders	You are strong both in legs and shoulders. Make sure to lift your elbows only as high as your shoulders
Balance hip flexion tubing	Begin with the tube under the right foot. Flex the right hip while balancing on the left	You are strong and balanced
Shoulder extension tubing	Begin with the tube around the waist, holding the handles, and extend the shoulder	Stretch and lengthen your shoulders behind you to strengthen them
Repeat sequence		
Roll down		
Hamstring/glute release rollga	Begin by sitting on the rollga for glutes. Place the right hamstring on the roller while crossing over the left	You are releasing all tension from the back of your legs and hips
Seated core Bender Ball/tubing/gliding	Begin with the Bender Ball wedged behind the low back while holding the tube	
Side lying core Bender Ball/Gliding	Begin side lying with the ball under the right hip and hand on the gliding disc; slowly lift and lower the torso	
Bridge Bender Ball	Begin supine with ball in between the knees or under the feet. Next lift and lower the hips	Lift in neutral spine to strengthen the glutes and hamstrings and lengthen the hips

Toe taps	Begin supine with the ball under the tailbone knees at table top. Alternate tapping the toes to the floor. You can also extend the knees	
Repeat sequence		
Hip opener Bender Ball	Begin supine with the Bender Ball under the right hip. Next extend the right arm and hip and knee to lengthen	You are releasing any and all tension from the right side of your body
Neck release roller	Begin supine with the roller under the neck and slowly turn the head from side to side	You are releasing tension form the neck
Upper back shoulder release roller	Begin supine with the roller under the shoulders and hips on the ground. Lift the hips and move vertically	Your back is relaxed and released from all tension and stress

About the Course Creator

Leslee Bender is the epitome of active and ageless. Leslee travels the world as an international fitness trainer, focusing on functional movement for people of all ages. Her functional techniques benefit athletes as well as everyday people who want to achieve optimal health and fitness while preventing injury. She is currently creating an online workshop series, the Ageless Body Workout.

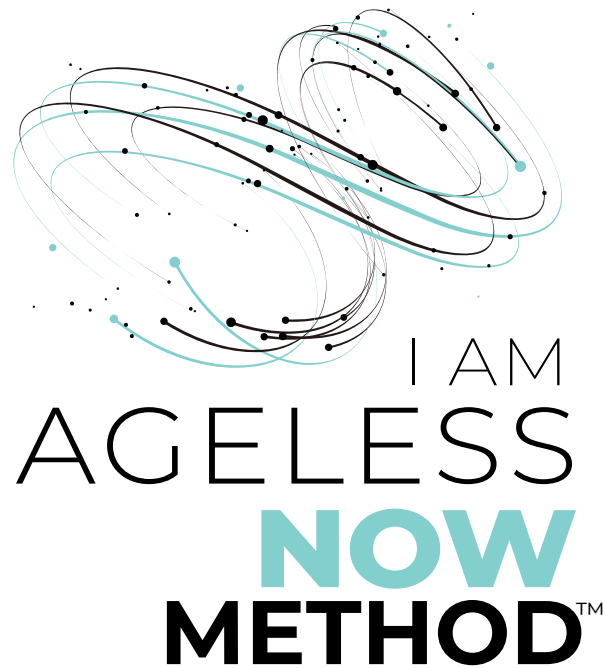
Leslee is the creator of the Bender Method of training as well as co-creator of the Barre Above method, a safer approach to barre, which she created alongside Tricia Murphy Madden. A graduate of the Gray Institute of Applied Functional Science, Leslee holds a BA as well as multiple certifications, including Fellow of Applied Functional Science, ACSM, NASM, ACE, and AFAA. Leslee lives in Orlando where she teaches Pilates, Barre Above, and other fitness classes, and offers personal training. She is an avid waterskier. See Leslee's other work at www.bender-training.com. See more about the I Am Ageless Now Method at www.iamagelessnow.com.

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Thank you

Thank you for attending the training course. We believe by applying the concepts outlined in this unique programming, you'll become a great instructor during your journey in the fitness industry. This program was specially designed to help everyone become healthier and happier throughout life, while applying conscious and intelligent movement. We wish you all the best on your journey to improving the lives of those who need your attention and support!



About I Am Ageless Now™

Aging isn't just skin deep. It's about wellness, movement, attitude, habits, and mindset. The I Am Ageless Now Method is a solution to living with less pain, more vitality, and a true solution to a better life. It is based on:

- Understanding movement determined by the planes of motion
- Myofascial release
- Hydration
- Plant-based (primarily) diet
- Meditation to decrease stress
- Mindset and being who you are. You are unique!

This method provides a way to help your clients live the life they want to, free of pain and with more energy, functionality, flexibility, mobility and strength. It is a functional movement program based on science and the pathways to create conscious movements with beneficial results. It gives personal coaches new and necessary strategies, tools and techniques to develop individual programs consisting of corrective exercises that will enhance the lives and mobility of their clients.

Participants will explore the language of movement in three planes of motion and understand the influence of gravity and ground reaction based on principles of applied functional science. Coaches will discover how to assess posture, determine strengths and weaknesses, and lengthen and strengthen their clients' muscles for optimal and authentic movement.

www.iamagelessnow.com