

## WORKSHOP DESCRIPTIONS LAURIE DENOMME 2008

### **NEW 2008! PNF for Special Populations**

**Course Description:** PNF is the perfect solution for deficits in balance, co-ordination, and range of motion. Find out why as you challenge your mind and body with a series of original spiral-diagonal combinations. Specific applications will be provided for Parkinson's, post stroke, Fibromyalgia, Multiple Sclerosis, and total knee replacement. Experience the exceptional results of PNF in the pool in group fitness and one-on-one applications. CECs: AEA 3.0, ACE 0.3, AFAA 2.25, ATRIC 3.0

### **NEW 2008! DRAG FORCE: Functional Deep Water Progressions**

**Course Description:** Experience an action packed cardio-muscular endurance format using intense core stabilization challenges. Learn an assortment of deep water movement, transition and cueing techniques guaranteed to maximize use of water's resistance. Push and pull with power as you experience creative multi-plane progressions in an innovative approach to total body conditioning.

### **DRAG FORCE: Practical Aquatic Progressions**

**Course Description:** Immerse yourself in a spectrum of movement ideas using water's natural resistance. Discover appropriate progressions for the upper and lower extremity using drag equipment as a natural extension of water; integrate creative multi-plane movements for proven benefits. Practical application of knowledge will be applied to shoulder and knee injuries, active healthy adults and rheumatoid arthritis. CECs: AEA 3.0, ACE 0.3, AFAA 2.25, ATRIC 3.0

### **STRETCH FUSION II: ROM AND CORE TRAINING CONCEPTS**

**Course Description:** Revitalize your flexibility programming with active stretch and core training combinations. Integrate Yoga postures and diagonal movement patterns guaranteed to decrease joint and muscle pain. Movements will simultaneously increase balance, muscular endurance and joint range of motion. Take home a variety of teaching strategies and multi-level progressions that utilize drag, acceleration and traveling techniques. CECs: AEA 3.0, ACE 0.3, AFAA 2.25

### **STRETCH FUSION III: CORE WORK FOR HIP AND BACK FUNCTION**

**Course Description:** Experience the powerful effects gained from integrating the four pillars of human movement with resistance training in static and dynamic movement sequences. Review the relationship of muscles important for hip and back function and learn practical core training ideas using isotonic and isometric muscle work. The use of buoyant equipment will further enhance one's balance, strength and functional performance. CECs: AEA 3.0, ACE 0.3, AFAA 2.25

### **Post Therapy Opportunities**

**Course Description:** *"Released from therapy and looking to begin an aquatic exercise program"*. Attract this growing market to your facility using programming options that work. Discuss a variety of movement progressions and exercise formats designed to maximize training benefits. Applications will consider common injury precautions for individuals with obesity, orthopedic injuries, and low back pain. CECs: AEA 3.0, ACE 0.3, AFAA 2.0

### **Aquatic Endurance Options**

**Course Description:** Experience a variety of aquatic exercises used to improve cardiovascular and muscular endurance for all major muscle groups. This workshop offers a pre-planned program that you can implement immediately with your clients either in its entirety or as single exercises. It includes appropriate progressions for **Obesity, Diabetes, and Orthopedic issues**. CECs: AEA 3.0, ACE 0.3, AFAA 2.25, ATRIC 3.0

### **Aquatic ROM Options**

**Course Description:** Discover creative Range of Motion (ROM) options in the aquatic environment. This workshop will demonstrate how to take advantage of buoyancy and resistance to create an effective total body aquatic ROM program. Static, dynamic and PNF stretch principles will be blended to provide options for various water temperatures. You'll leave with a complete full-body ROM program with alternative options for clients with range of motion issues including **Fibromyalgia and Orthopedic issues**. CECs: AEA 3.0, ACE 0.3, AFAA 2.25, ATRIC 3.0