

1618 – Suspension Exercises with NZ Cordz

Beginner / Pool Only

Sanibel, FL / Tuesday, June 23, 2020 – 4:30-5:30 pm – 1.0 credit hour

(Pool: 4:30-5:30 pm)

Faculty: Anne Pringle Burnell, ATRIC

COURSE DESCRIPTION: Suspension exercise has been a way for athletes to train when away from a gym, most notably TRX developer Randy Hetrick, former Navy Seal Commander. This type of body weight suspension training activates the core, shifts the center of gravity, and focuses on both mobility and stability. Translating these exercises to the aquatic environment lightens the load, and makes them accessible to a larger patient population, and older adults who need strength and balance recovery.

COURSE OBJECTIVES:

- 1) Describe three versions of the suspension technique push up.
- 2) Determine the squat-to-stand progression from assisted into the suspension cords squat up to V reach overhead for the posterior chain.
- 3) Name the stabilization muscle recruitment necessary in a front punch arm variation.

FACULTY: Anne Pringle Burnell, ATRIC, created the programs: Peyow Aqua Pilates and Stronger Seniors. She is a presenter and educator at conferences, and holds the following certifications: CAFS, Ai Chi, AEA, Arthritis Foundation, ACE, AFAA/NASM, and AquaStretch™. She is an Instructor Trainer for Stott Pilates/Merrithew Health & Fitness. She teaches at Galter Life Center/Swedish Covenant Hospital, Peninsula Chicago, University Illinois Chicago, and Core Evolution.