

## **2624 – Suspension Strategies for Core**

Intermediate / Pool Workshop

Sanibel, FL / Tuesday, June 23, 2020 – 12:45-4:15 pm – 3.0 credit hours

(Pool: 12:45-2:15 pm / Classroom: 2:45-4:15 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. There are many different types of suspension systems for use with multiple populations. 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. Pilates spring resistance exercises activate core strength and whole body in the lean out from the anchor in facing front, side, and back. In addition to the anchored suspension training systems, in this workshop, we introduce the concepts from the aerial world of suspension in an open kinetic chain using balance, stabilization, and mobilization exercises.

### **COURSE OBJECTIVES:**

- 1) Describe three of the stances for suspension technique exercises and analyze stability.
- 2) Compare lower back loading on pushups with traditional suspension equipment versus in the water.
- 3) Learn the squat-to-stand strength progression from the wall, assisted into the squat-to-V reach overhead (facing inward) for strength and stabilization for the posterior chain.
- 4) Discuss the muscle recruitment necessary for stabilization in a unilateral front plank arm variation.

**FACULTY: Anne Pringle Burnell, ATRIC**, created the programs: Peyow® Aqua Pilates and Stronger Seniors®. She is an education provider 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 the Galter Life Center/Swedish Covenant Hospital, Peninsula Chicago, University of Illinois-Chicago, Core Evolution.