

2626 – Barre for Hips and Posterior Chain

Intermediate / Pool Workshop

Sanibel, FL / Thursday, June 25, 2020 – 1:00-3:45 pm – 2.5 credit hours

(Classroom: 1:00-2:15 pm / Pool: 2:30-3:45 pm)

Faculty: Anne Pringle Burnell, ATRIC

COURSE DESCRIPTION: Learn techniques from yoga, dance, and Pilates to strengthen the lower extremities and hips, and stabilize the torso against the movements of limbs. Using dance-based exercises, stretches on the “barre” (noodle), Pilates footwork, and plyometrics, the lower extremities can be conditioned for gait, strength, and speed. This course focuses on the posterior chain in activation of the gluteals, scapulae stabilizers, and hips.

COURSE OBJECTIVES:

- 1) Discuss the 3 drivers of the “Octopush” or traveling pike.
- 2) Discover the hip’s movement as a fulcrum in ballet “attitude” and “arabesque”.
- 3) Explore the LE “water ballet stretches” sequences for hip mobility based on Pilates Cadillac/Trapeze series.
- 4) Examine a Pilates method for a slowing the landing phase in plyometric footwork.

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.