PUSHING TOWARD NORMAL MOVEMENT PATTERNS:
PILATES’ AMAZING PUSH THROUGH BAR
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Christine is a rarity in the Pilates world – an experienced Pilates professional with a strong background in physical therapy and fitness. She is a frequent presenter at international fitness and rehabilitation conferences such as NATA, IHRSA, Club Industry, IDEA World, Filex, and Can Fit. Christine holds a masters in Physical Therapy from Slippery Rock University, a double BS in natural science and exercise science from Indiana University of PA, and a certificate in Athletic Training from West Chester University. She is a licensed physical therapist, an assistant professor in the Physical Therapist Assistant program at California University of Pennsylvania, an AFAA certification specialist, an ACE faculty member, a certified athletic trainer, and a certified instructor of the Method. An international presenter, Christine is the CEO of PHI Pilates. She is the co-author of The Pilates Reformer Manual, The Pilates Mat Manual, and the co-star of six Pilates videos. She has written for and has been interviewed for articles in IDEA Health and Fitness Source, PT News Line, PT Advance for Directors, Self Magazine, Club Business International, and many others. Presently she is a doctoral candidate in education at Indiana University of PA.

COURSE DESCRIPTION: Nothing coordinates spine and limb movement like the Pilates push through bar. In fact, there is no other fitness machine like it. Explore the many ways this unique apparatus can teach healthy functional movement and create muscle balance in this practical workshop.

Equipment requirements: Towers  4-5 participants per tower

COURSE OBJECTIVES:
Participants will…..
• Define functional training.
• Describe the push through bar as a unique apparatus for functional training.
• Demonstrate functional training exercises using the push through bar.
• Define the muscle balancing implications of push through bar exercises performed in the workshop.
• List over 20 functional exercises using the push through bar.

COURSE OUTLINE:
• Definition of functional training with examples. Benefits of functional training to our clientel.
• Unique movement of the push through bar and its implications for functional movement training.
• Exercise demonstration and discussion of muscle balance created through the functional movement involved.
  a. Seated and standing push through
  b. Cat and standing Cat
  c. Teaser and modifications
  d. Mermaid and modifications
  e. Side bends standing and kneeling
  f. Rotation
  g. Ballet Bar
  h. Standing Stretches
  i. Double sprung push through
  j. Neck exercises
• Implications for patient care.

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