

LONGEVITY PROGRAM DESIGN

for an elderly population

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Workshop Outline

- Theory - 20 minutes
 - ☆ *Facts*
 - ☆ *Define concept*
 - ☆ *Program design using 4 quadrants & coaching cues/screening*
- Application/Practice - 60 minutes
 - ☆ *12-16 Exercises selected especially for older clients*
- Summary/questions - 10 minutes

Facts

- What we are losing with ageing
- Tissue change
- Match movements to individual
- Hormonal response



Importance of a concept

<u>Concept</u>	<u>Product</u>
Resistance/Strength training	Barbell, dumbbell
Core training	Stability ball
SQA Training	?
Suspension training	TRX, rings
Barefoot training	?

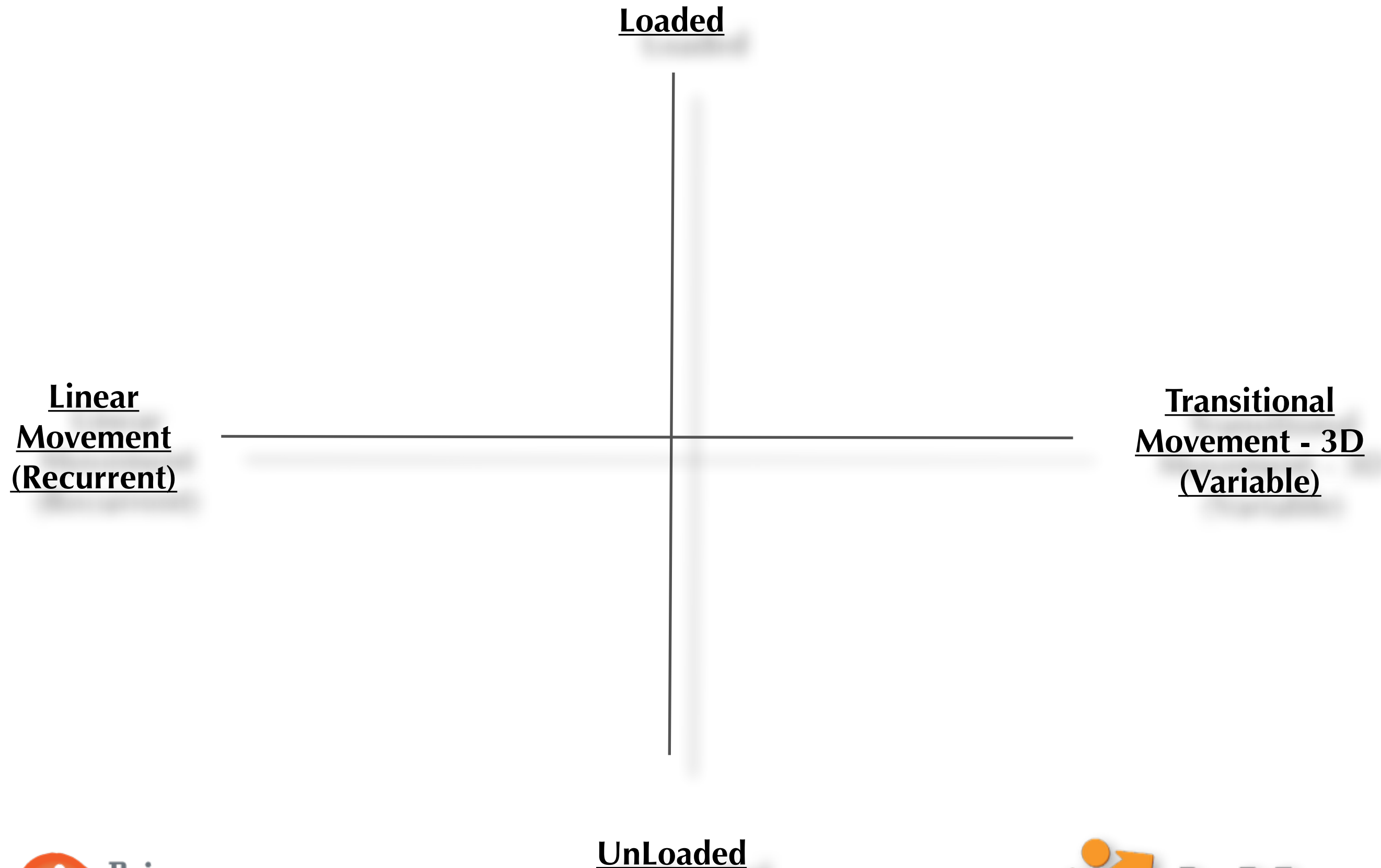
Loaded Movement Training

- definition?

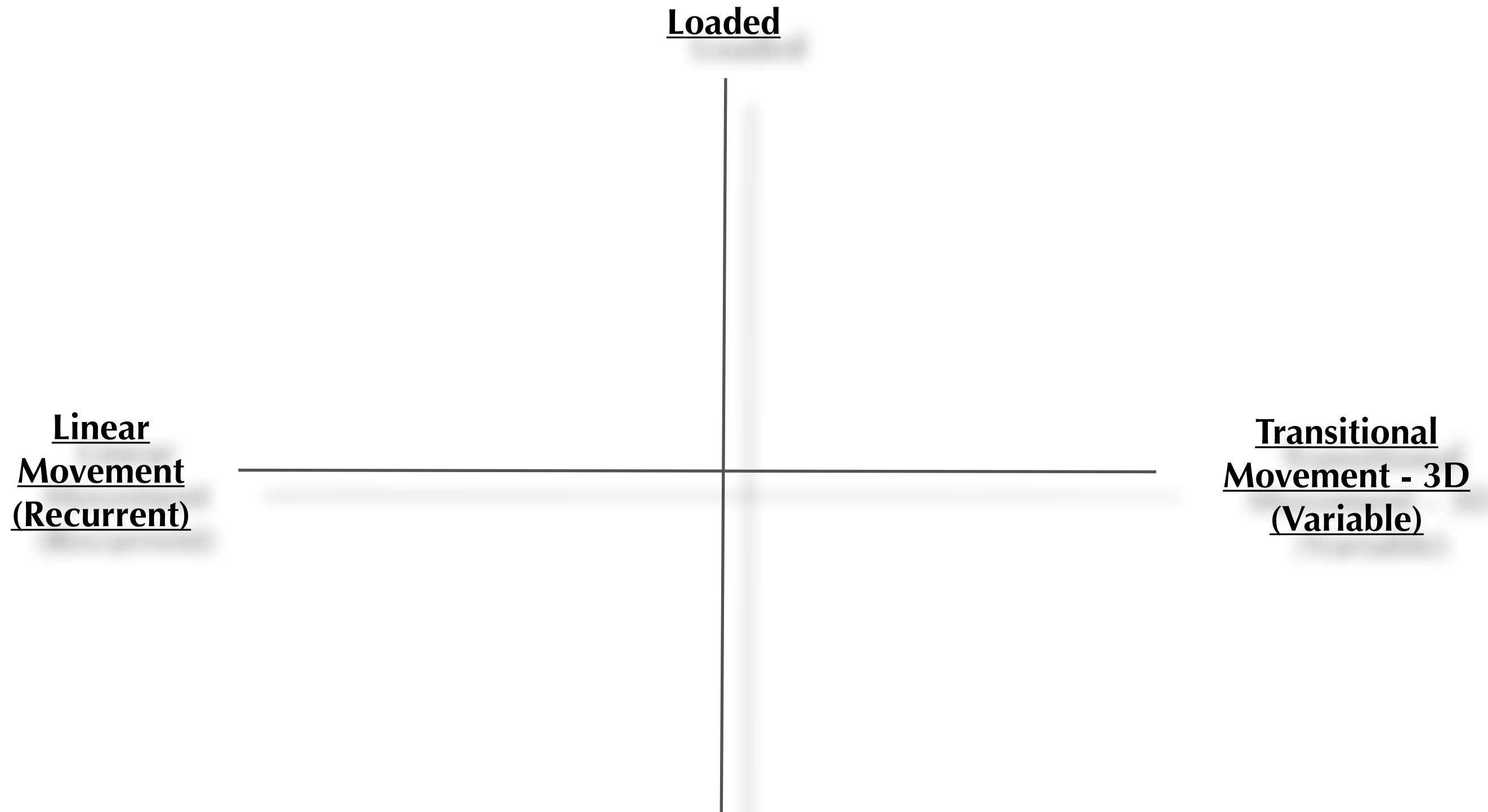
4 quadrants training

Where Loaded Movement Training fits?

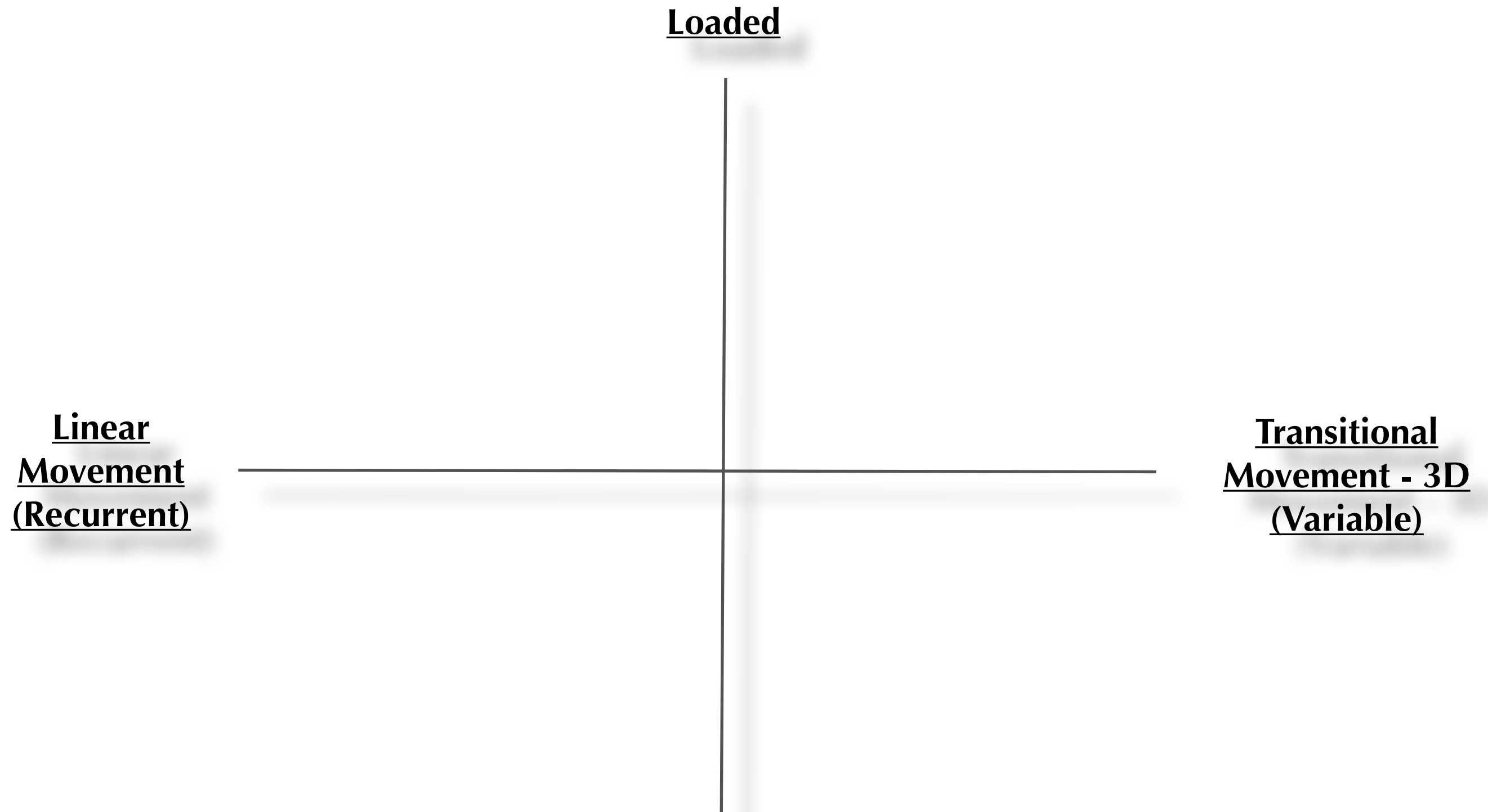
IoM Program Design



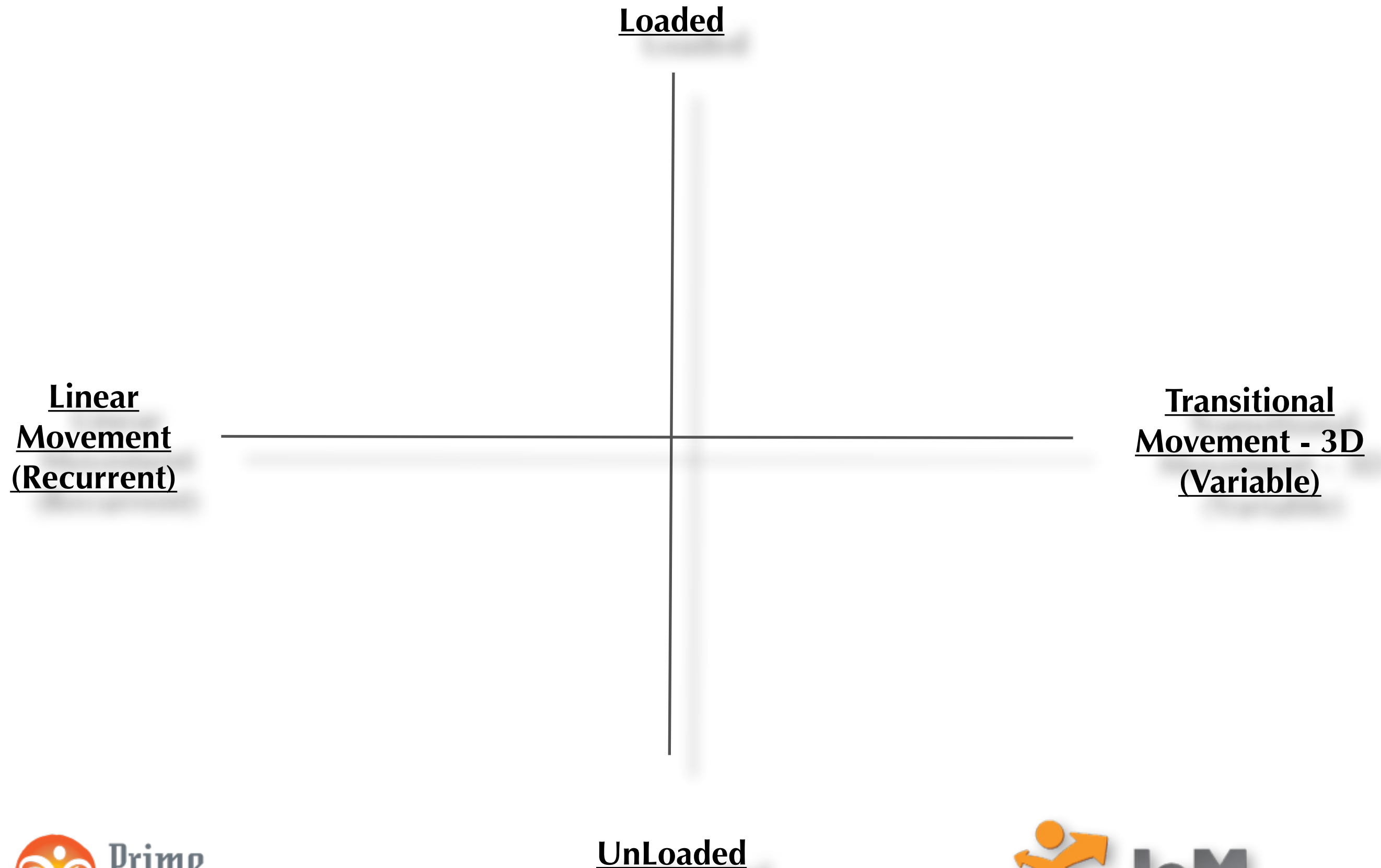
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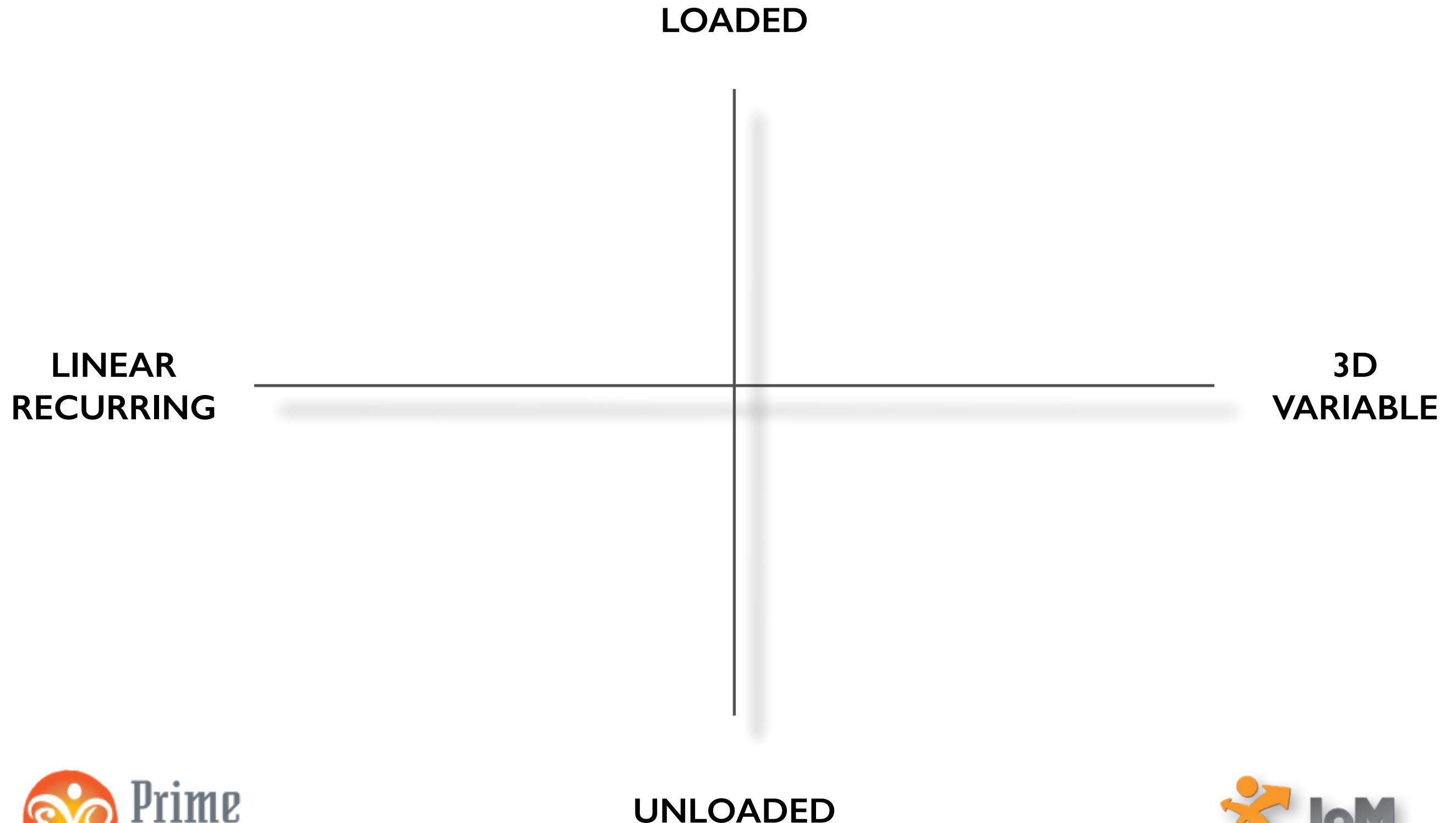
IoM Program Design



IoM Program Design



Program overlook



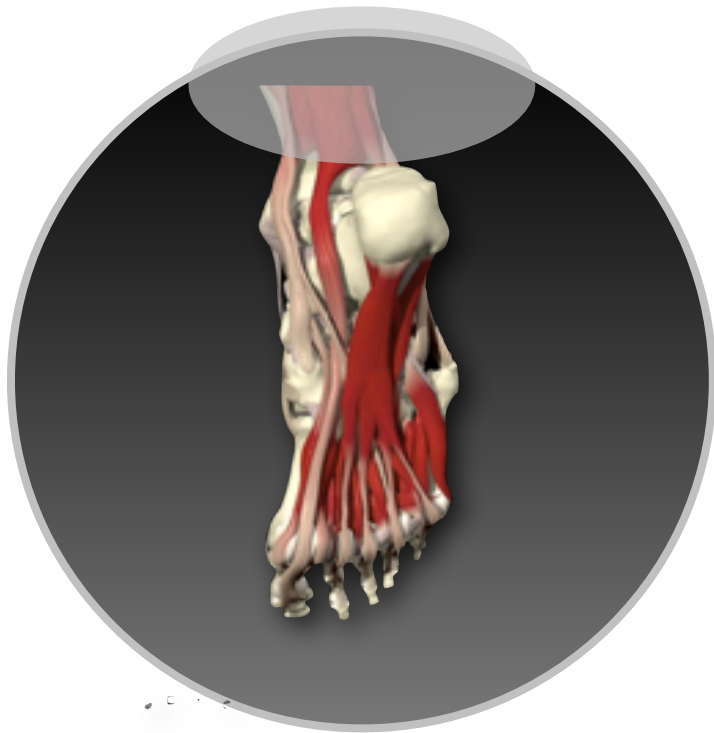
Program Design

Screening

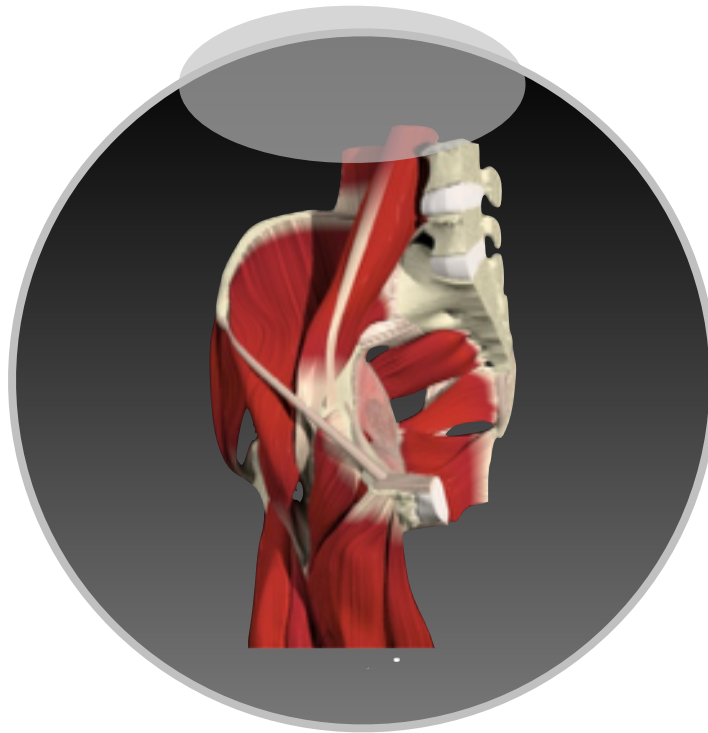
Coaching cues

Screening

Adequate Motion Observed ?



**Foot / Ankle
Complex**



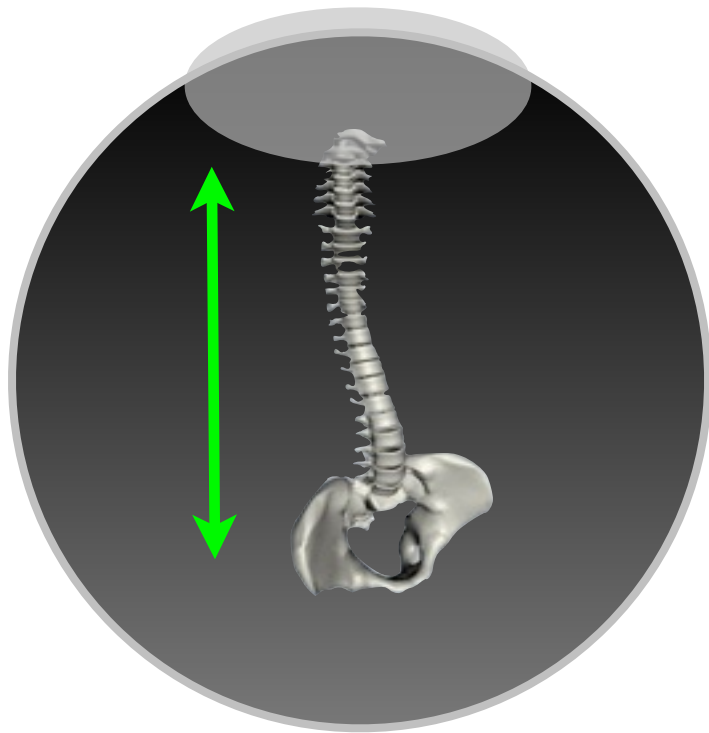
Hip Complex



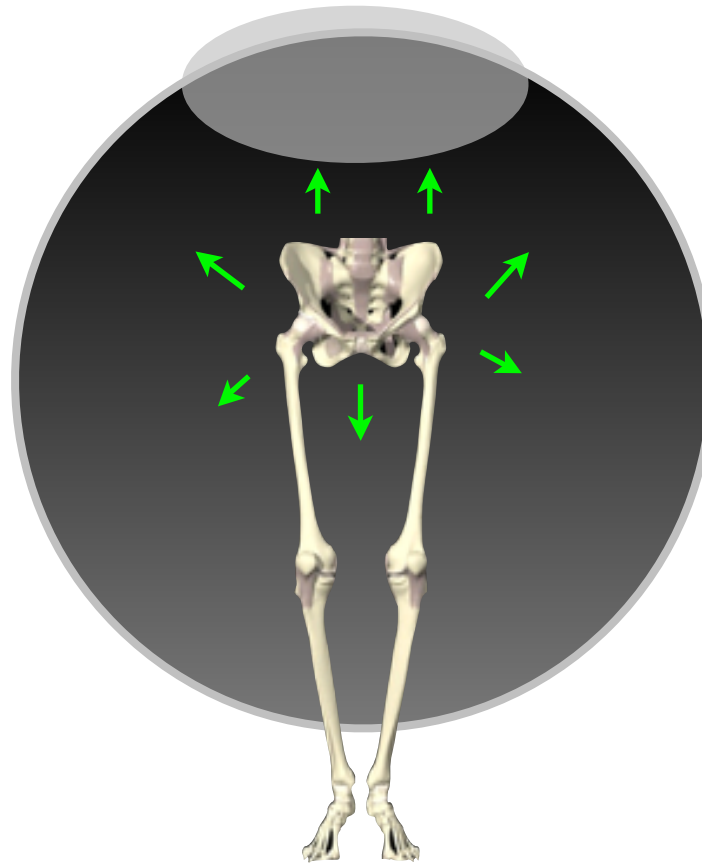
Thoracic Spine

Coaching Cues

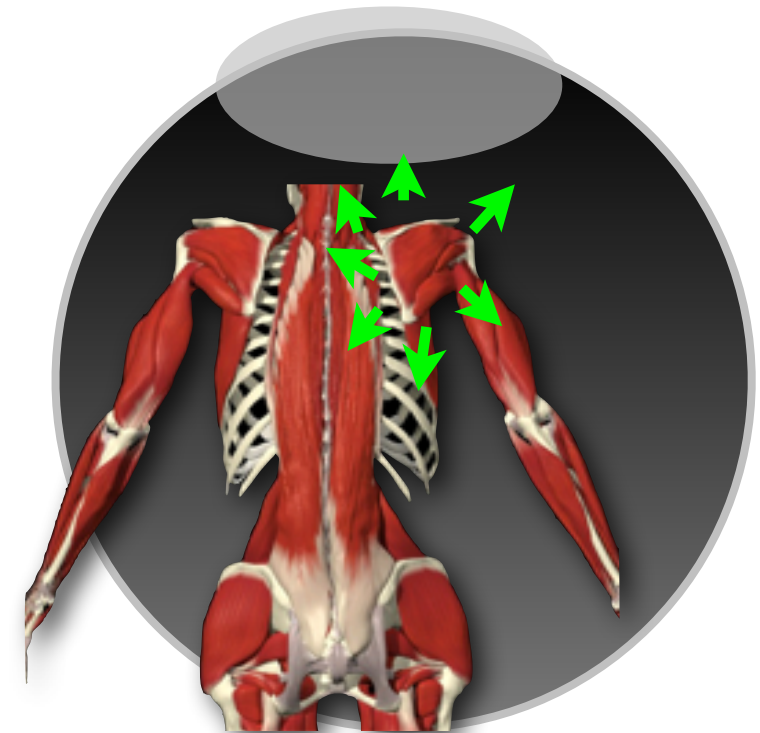
(Adapted from Chuck Wolf, MS)



*1. Maintain
Length in the
Spine*



*2. Initiate
Movement with
the Hips*



*3. Reach with
the Scapula*

Warding Patterns

The physiological state of maintaining body wide tension against an external force while producing gross movement patterns



Warding Patterns

T1



T2



T2



T3

?

Practice

- Exercise library (12) to target some critical areas
- Enhance movement ability
- 4 quadrants program design
- Three dimensional movements selection
- Myofascial lines training

Please feel free to contact me on my email or during the convention to receive all videos we will use.

Thank you

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www.instituteofmotion.com

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