

Low Pressure Fitness

The International Hypopressive & Physical Therapy Institute hereby certifies that

JILL ARCARO GORDON

Has successfully participated in the LPF training program


Level 1

February 07, 2021
Vigo

INTERNATIONAL
HYPOPRESSIVE

&

PHYSICAL THERAPY
INSTITUTE


INTERNATIONAL HYPOPRESSIVE &
PHYSICAL THERAPY INSTITUTE S.L.
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Camilo Villanueva
Executive Director

Low Pressure Fitness

LEVEL 1

THEORETICAL CONTENTS

- Low Pressure Fitness Concept
- Postural foundations
- Pelvic floor & breathing anatomy
- LPF goals
- Pelvic floor biomechanics
- Pelvic floor physiopathology
- Abdominal assessment
- Practical applications

PRACTICAL CONTENTS

- Postural and breathing technical fundamentals
- Level 1 sequence
- Exercises, progressions and transitions of Level 1
- Myofascial diaphragmatic release technique
- Teaching methodologies