

Low Pressure Fitness

The International Hypopressive & Physical Therapy Institute hereby certifies that

JILL ARCARO GORDON

Has successfully participated in the LPF training program


Level 2

March 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 2

THEORETICAL CONTENTS

- Organization of LPF session
- Initial assessment: anamnesis & questionnaires
- Functional assessment: respiratory function tests
- Teaching & communication

PRACTICAL CONTENTS

- Respiratory muscle training exercises
- LPF Level 2 exercise sequence
- Exercises, transitions and progressions of Level 2 sequence
- Methodological adaptations of level 2 exercises
- Teaching and methodology for small groups and group X classes of LPF.