

# Low Pressure Fitness

The International Hypopressive & Physical Therapy Institute hereby certifies that

**JILL ARCARO GORDON**

**Has successfully participated in the LPF training program**


**Level 3**

March 28, 2021  
Madrid

INTERNATIONAL  
HYPOPRESSIVE

**&**

PHYSICAL THERAPY  
INSTITUTE

  
INTERNATIONAL HYPOPRESSIVE &  
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**Camilo Villanueva**  
Executive Director

# Low Pressure Fitness

## LEVEL 3

### THEORETICAL CONTENTS

***LPF and:***

- Neurodynamic mobilizations
- Muscle chains
- Respiratory physiology
- Myofascial chains
- Nervous system

### PRACTICAL CONTENTS

- Myofascial release preparatory exercises
- Arm and spine spiral
- Level 3 sequence of LPF: exercises, progressions, transitions & teaching
- Transitions & progressions of level 3 sequence
- LPF level 3 masterclass