



Corrective Body Weight and Tubing Exercises to Enhance Posture and Body Alignment

Presenter:

**Manny Escalante MA, ATC, CPS, CSCS
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Lecture Description:

Learn a systematic process to correct alignment, reverse patterns, improve posture, relieve back pain and train people using simple, yet effective, tubing and strength training exercises. This session teaches upper, core, and lower body resistance training exercises using fitness tubing and body weight exercises designed to correct posture and body alignment issues. This lecture/workshop prepares individuals to receive the **National Posture Institute-Certified Posture Specialist™ (CPS™)** and **Certified Resistance Training Professional™ (RTP™)** designation.

Participants will be educated in the following:

- Teaches the proper sequence and selection for teaching the proper resistance training exercises based on the client's age, postural status, and physical capabilities
- Teaches attendees specific resistance training exercises using tubing and body weight movements to correct posture and body alignment
- Teaches specific body alignment and posture procedures required to perform resistance training exercises safely avoid musculoskeletal injuries
- Teaches how combining resistance training movements, flexibility exercises and posture assessments will allow for the design of a complimentary exercise program focusing on posture and body alignment improvement
- Teaches ways to observe and evaluate the improvement of posture, stability, balance, and strength

Outline:

1. Introductions
2. Educating a client-patient on resistance training
3. Muscular and Joint Structures – Posture Problem Areas
4. Factors Affecting Posture and Weakness
5. Tubing-Body Weight Exercises-Biomechanics
6. Define the Correct Range of Motion (ROM)
7. Analyzing and Observing Movements
8. Demonstrating a resistance training movement
9. Sequencing exercises
10. Upper/Lower Body movements
11. Resistance Training and Stretching
12. Summary and Contact Information

Biography

Manny Escalante MA, ATC, CPS

Manny Escalante, M.S., CPS, ATC, CSCS, has been in the fitness and sports medicine fields since 2001. He holds a Bachelor's and Master's Degree in Athletic Training and is currently a Certified **Athletic Trainer** and **Certified Posture Specialist™**. He is the Fitness Manager at 24 Hour Fitness in Glendora, CA and oversees a staff of 20 trainers. His club is consistently amongst the top performing clubs in the district. Manny provides sports medicine coverage for a variety of companies and schools and he also heads the Fitness Education Council as lead author and presenter of health, fitness, and fitness business topics. Manny is currently working with the National Posture Institute on business development, educational trainings, and content development.

The National Posture Institute (NPI), an educational and professional organization that provides certificate programs for personal trainers/group instructors and allied health/medical/fitness professionals to receive the **National Posture Institute-Certified Posture Specialist™ (CPS)**, **Certified Resistance Training Professional™ (RTP)**, and **Certified Ergonomic Professional™ (CEP)** designation. NPI is dedicated to delivering to personal trainers and current allied health/medical/fitness professionals, the collegiate educational system, the media, and the general public information and education on posture and body alignment through innovative educational resources, teaching/business solutions, and certificate programs.

NPI Certificate Programs- <http://www.npionline.org/programs/professional/index.html>

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