

## Course Information Sheet

**Course Title:** Full Body Flexibility, 2<sup>nd</sup> ed

### **Course Description:**

Improve flexibility, balance, and strength in three steps! Only the Full-Body Flexibility system blends the best stretching methods from yoga, Pilates, martial arts, and sports training into stretching sequences for your every need. In this updated edition, you'll find 175 stretches and 23 routines that will help you take these step to enhance flexibility by challenging your muscles with multiple techniques and balance muscles in opposing muscle groups on both sides of your body. Use the book's step-by-step instruction and detailed full-color photo sequences to enhance your body's natural movement, reduce muscular tension, strengthen joints, improve posture, and take your athletic performance to new heights.

### **Learning Objectives:**

1. Be able to define, differentiate between, and utilize static stretching, dynamic stretching, and active stretching.
2. Learn when it is appropriate during the workout to stretch and the potential damaging effects of stretching before the workout.
3. Learn the three steps of the Three-Step Stretch System, and understand how to apply the maximize, minimize, and equalize techniques to a stretching program to improve flexibility and correct muscular imbalances.
4. Understand the effect that thoughtful and deliberate breathing can have on various systems throughout the body, as well as significant effects on all forms of stretching.
5. Be able to use a full-body muscle diagram of the front and the back of the body to be able to identify which muscle groups require the most emphasis in a flexibility program.
6. Understand the importance of head and neck stretches for everyday movements and their ability to alleviate tension headaches.
7. Learn the proper technique to passively and dynamically stretch the sternocleidomastoid and trapezius.
8. Understand the importance of stretching the muscles involved with the shoulder and their impact on posture and tension headaches.
9. Learn the proper technique to passively and dynamically stretch the muscles involved with the shoulder, arms, and wrists.

10. Understand the activities of daily living that impact the chest muscles causing them to be tighter than the muscles in the back.

11. Learn the proper technique for passive and dynamic stretches for the pectorals, back, trunk, and abdominals.

12. Understand how inflexibility in the back muscles can lead to back injuries or pain, and how the muscles of the back and abdomen support a neutral spine while aiding us with everyday movements and function.

13. Understand how the muscles of the glutes, hips, and inner thighs are often the tightest muscles in active people or athletes and how this tightness can impact low back and knee function.

14. Learn the proper technique for passive and dynamic stretches for the gluteals, piriformis, hip rotators, hip flexors, and adductors.

15. Understand how tight adductors can impact sports such as soccer, in-line skating, horseback riding, and any other sport which requires considerable abduction of the leg, which can lead to injuries from falls or groin strains.

16. Understand the impact that tight hamstrings or quadriceps can have on the hips, low back, and knee, how there is often an imbalance between the flexibility of the two, and how the quadriceps is prone to overuse.

17. Learn the proper technique for a multitude of passive and dynamic stretches for the quadriceps and hamstrings.

18. Appreciate the mechanical stress that is placed on the calves, shins, and feet by the rest of the body.

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards: [www.exercisetc.com](http://www.exercisetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

### **Instructor/Author Credentials:**

**Jay Blahnik** is recognized as one of the premier fitness professionals in the industry and has over 25 years of teaching and training experience. As a fitness educator and keynote speaker, he has traveled to over 30 countries and is known for his insightful viewpoints on engaging and motivating consumers.

Jay was chosen by *Shape* magazine as one of the top fitness instructors in the world, and *Men's Health* listed him as having one of the top 10 workouts of all time. He is the youngest person ever to receive both the *IDEA Fitness* Instructor of the Year Award and *IDEA's Fitness* Industry Icons and Innovators title. He was also chosen as Can-Fit-Pro's International Presenter of the Year in 2005.

He has starred in over 30 award-winning exercise videos and has designed, created, and choreographed some of the best-selling exercise videos of all time for other fitness professionals and celebrities.

Jay has been featured as a fitness expert in over 200 magazines across the globe, and his weekly and monthly fitness columns in the Los Angeles Times and on MSNBC.com are read by millions of people each year. He has served as an editorial advisory board member for the American Council on Exercise (ACE) and is the group exercise spokesperson for IDEA Health and Fitness Association.

Jay is a consultant and program developer for Nike, Nautilus, Bowflex, Schwinn, Stairmaster, BOSU, and Indo-Row. He resides in Laguna Beach, California.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A