



THE AB-SOLUTION

Presented by Cat Booker
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OVERVIEW

Discover your flex potential in this innovative session that addresses the role of the abdominal spine and hip flexors to improve general fitness training including riding.

This session is led by a Pilates Course Director who delivers training in the U.K. at Diploma level, as well as practicing her work in tandem with advanced biomechanics and functional training assessments.

The session has two components; part lecture and part workshop experience that gives participants some knowledge on the focus and then time for practical application.

“I love it when you flex like that!”

OBJECTIVES

The session is based on the biomechanics of riding, as well as the postural application of looking at how we flex the body and how it affects everyday life.

The session is designed to inspire coaching skills both in words and practical movement development for coaches and to share with participants.

SUMMARY

This session puts theory into practice and presents takeaway ideas that can be put into practice to improve movement and sports performance.

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**