



TRAIN WITH TUBING – ARMS, SHOULDERS, CHEST AND BACK

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OVERVIEW

Coaching proper form in group exercise settings is a challenge, especially with limited equipment and time to evaluate technique. In addition, shoulder injuries abound when instructors are unfamiliar with proper coaching and cueing techniques. This session addresses the kinesiology of the upper body, the stability-mobility relationship, as well as how to coach and cue proper form. Participants will gain useful information on how to properly evaluate, execute and sequence exercises for the arms, shoulders, chest and back using rubber resistance.

OBJECTIVES

- Describe the stability-mobility relationship of the upper extremity (UE)
- Demonstrate proper movement mechanics to reduce injury
- Coach and cue proper form effectively

SUMMARY

Attendees will understand the relationship of stability and mobility throughout the upper extremity, then understand the kinesiological implication of movement at specific joints and segments. Lastly, they will learn how to properly coach and cue proper form when working with simple equipment.

**Please remember to submit a session evaluation.
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