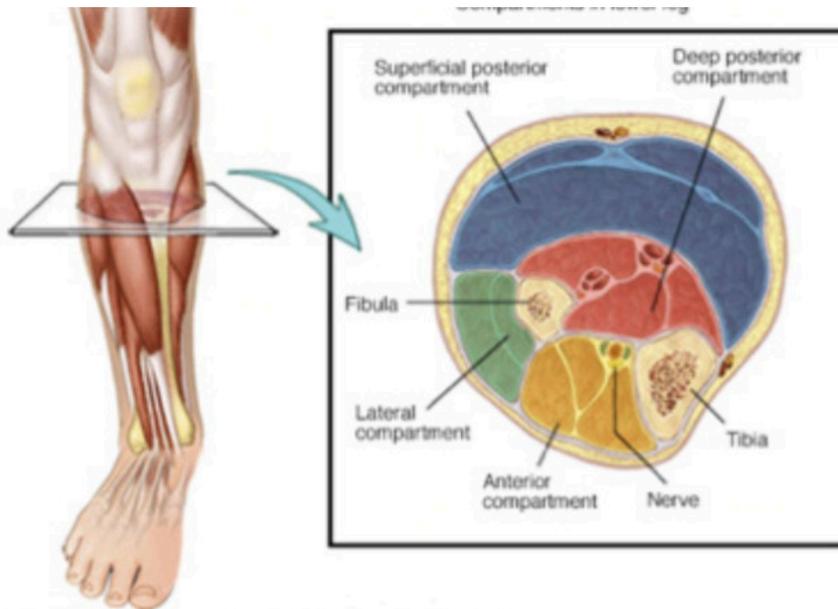




## Level three course outline

- Advanced stretches-see list below
- Teaching review and transitioning to “compartmental /regional stretching,” role reversal and nuancing of stretches
  - Stretching anatomy
  - Breathing and stretching
  - Mind/body medicine and the biopsychosocial approach to wellbeing
  - Dynamic stretching -evidence for it, how to construct dynamic mobility sessions
  - Mobility compared to flexibility
  - Stretching for athletes-constructing biomechanical analysis and program design

## Compartmental stretching- from “Stretching anatomy” Anthony Lett



## Stretches

### Chapter 1

- The Kneeling Calves
- The Lying Peroneals 2.0
- The Lying Tib Ant
- The Soleus

## Chapter 2

- Review

## Chapter 3

- Hip Flexor Advanced
- Godzilla

## Chapter 4 & 5

- Review

## Chapter 6

- Review flexion and rotation
- The Cobra 3.0
- The High Bridge: Elevated Feet
- The High Bridge 2.0
- The Standing Banana

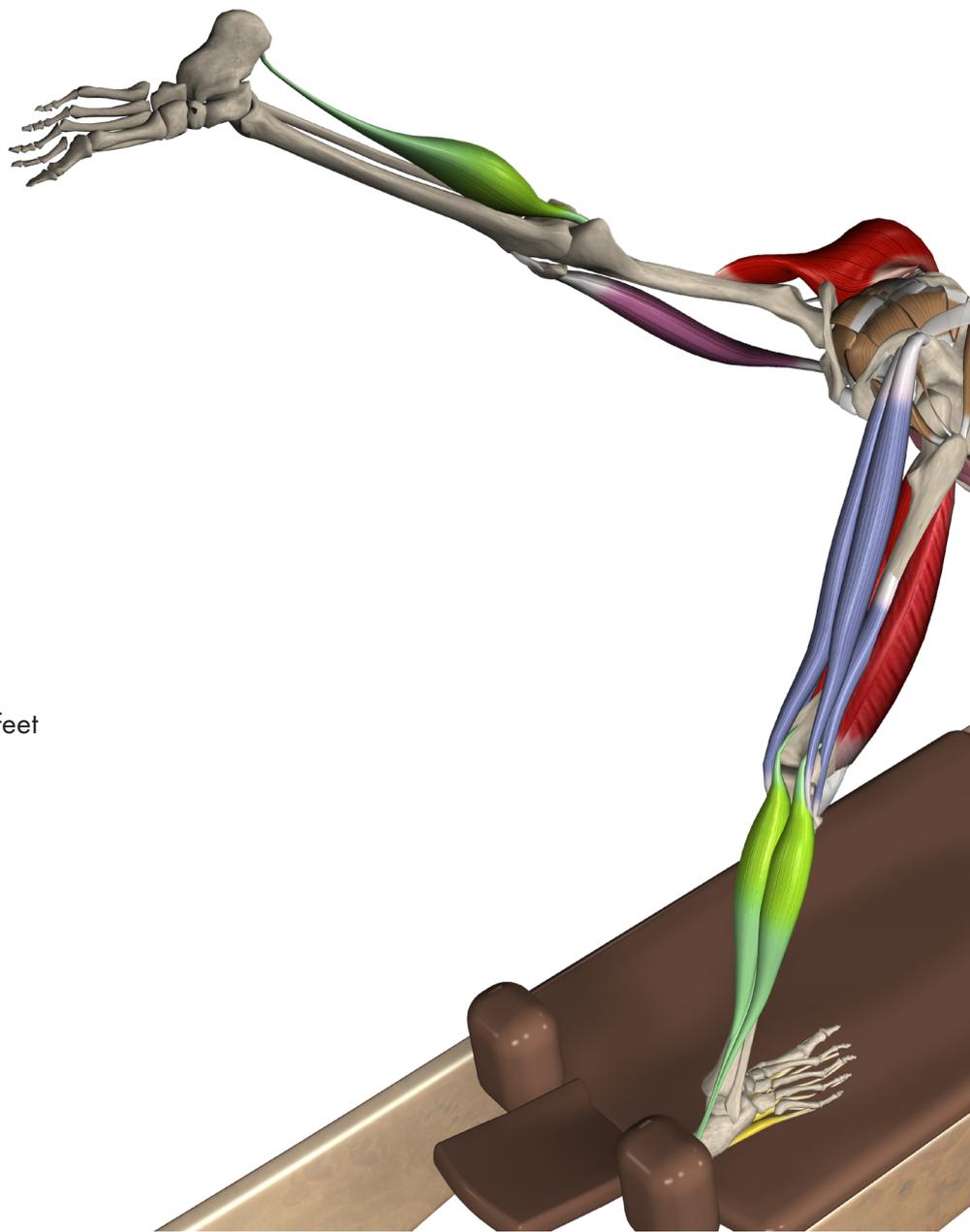
## Chapter 7

- Deltoid
- Supraspinatus

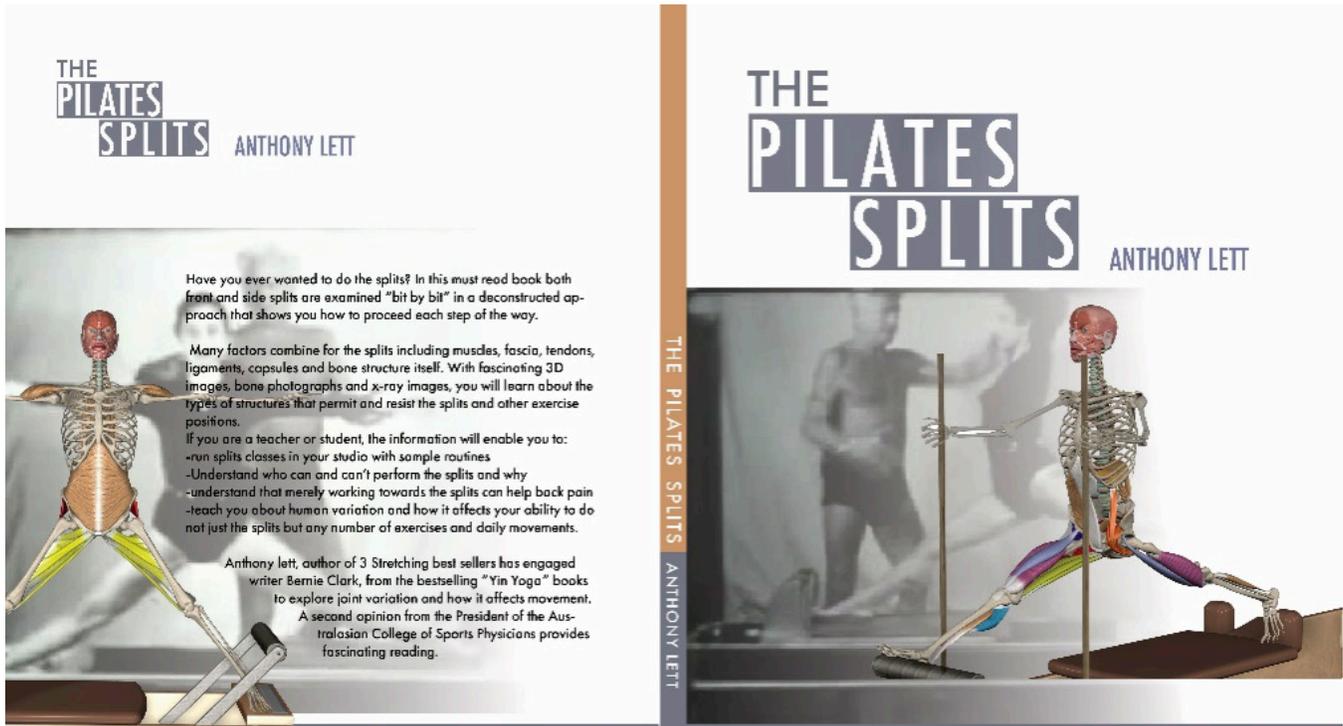
## Chapter 8

- The "True Front Splits"
- The Bent Leg Front Splits
- The Side Splits
- NB. These stretches are covered in greater detail in the book "The Pilates splits" which will be referred

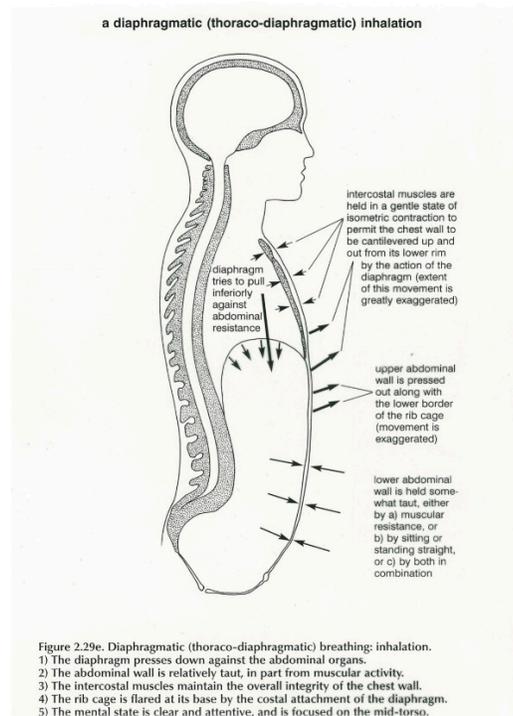
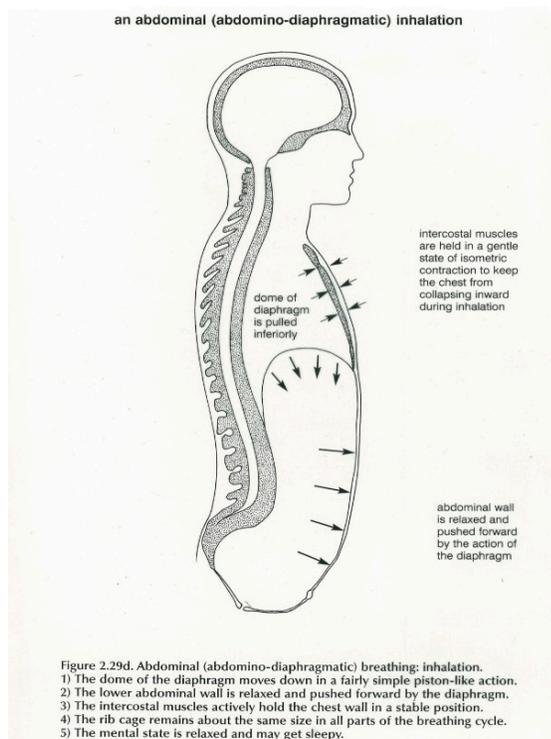
to.



# "The Pilates splits" Anthony Lett



Breathing and stretching- example below of different breathing techniques.



## Stretching for athletes-constructing biomechanical analysis and program design

