

# YEAR I – LEVEL 1

## **I/1 - Analytical and Segmental Strengthening of the Abdominal Muscles and the Thoracic Diaphragm**

This course, being the first one of the program starts with laying down the foundational principles for the consequent strengthening modules. It is a very unique class with detailed relational and fascial anatomy where students will start to learn proper mechanics, execution and application from the very beginning.

- *How often do you see people train their diaphragm in the gym? Do you know how to train the diaphragm to help a hiatus hernia or a lumbar disc bulge?*
- *What exercises do you need to do to encourage bowel movements and alleviate constipation?*
- *Do you know what muscles to train and not train when addressing various hernias?*

This course will give you answers and numerous tools to all the above. Over hundred exercises and its variations that can be used regularly in strength & conditioning as well as in the field of rehabilitation.

## **I/2 - Analytical and Segmental Strengthening of the Lower Limb**

- *What exercises do you do for a deficient or injured ACL or for femoro-patellar tracking issues?*
- *How differently do you train people with hip replacement?*
- *What layers and which muscles are you targeting to improve the appearance of cellulite?*

There are hundreds of specific exercises, which can solicit the proximal, distal, medial, lateral, middle, superficial or deep portions of each muscle in the lower extremities. The thorough details in anatomy and biomechanics that are covered in this class will allow for an understanding of the numerous exercises that target specific areas of the lower limb. These exercises are applied, based on our goal, whether it is sport specific training, addressing muscles imbalances or a specific pathology.

## **I/3 - Analytical and segmental strengthening of the upper limb and trunk**

- *How many different exercises do you know for the rotator cuff muscles and how do you know which one needs strengthening?*
- *How differently do you train the iliocostalis vs. the longissimus vs. the transversospinalis?*

Each muscle needs to be trained with specific movements in relation with their fiber orientation and function. The quality and quantity of training needs to respect the goal whether it is to increase strength, volume, power, speed, resistance, endurance and/or fitness maintenance. The spinal muscles need to be trained to improve their ability to provide postural support. There are also numerous very specific exercises, which can solicit the proximal, distal, medial, lateral, middle, superficial or deep portions of each muscle in the upper extremities.

Students will learn over hundred different exercises that are invaluable in both performance training and rehabilitation.

Payment plans, early registration discounts and yearly fees are available.

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## **I/4 -Analytical and Segmental Strengthening of the Transversus Abdominis (TVA)**

- *How often do you see people train their TVA in the gym?*

The transversus abdominis is a muscle with numerous connections and functional importance from intra abdominal pressure, breathing, the stability and posture of the lumbar spine, to help balance the tension between the muscles of the core and so on.

This course will teach you how to target the different portion of this important muscle with numerous progression factors.

## **I/5 - Global movement: The squats, the Gravity Line & Posturology**

- *How do the different body parts and the body as a whole move in relation to the line of gravity during the squat?*
- *What is the pattern of muscle recruitment during the descend and the ascend phase of the squat?*

Before applying the squat as a strengthening or corrective exercise, all the above variables must be taken into consideration.

There are over a hundred progressions to learn before a squat is completed properly. This class will cover all of these progressions and lead to a fundamental understanding of proper progressions leading to a biomechanically sound squat. With the same fundamentals, the squat should be modified and applied differently to specific goals, which could be to improve one's posture, to rehabilitate the knee after an ACL injury, to help eliminate back pain or to improve someone's athletic performance etc.

This course will also discuss how the centre of gravity and deviation from it can affect the health and function of the body as a whole. You will also learn a number of specific postural assessments.

This is NOT a class to teach Olympic lifting! This very unique yet extremely effective style of squatting is true tensegrity biomechanics in play.

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## YEAR II – LEVEL 2

### II/1 - ELDOA of the spine (for SomaTraining students only)

- *How do you offload the compacted joints after training?*
- *How do you address the torsion caused by scoliosis?*

Lots of pain, arthrosis, neurological pinching, disc compression and articular lesions result from compactations, compressions and/or articular blocks. There is an effective solution to these ailments: ELDOA. ELDOA's consist of very precise postures, which target relief in a specific articulation. The advantage of these postures is that once you learn them, they take only a minute a day to perform.

Seminar Outline:

- Background and methodology
- Lumbar ELDOA practice
- Thoracic ELDOA practice
- Cervical ELDOA practice
- Pelvic ELDOA practice (sacroiliac joints and symphysis pubis)

### II/2 - MyoFascial Stretching (MFS)

Stretching a muscle is only effective once the fascia that covers it is no longer dry and retracted. MyoFascial Stretching is the stretching of the muscles within their fascial chain, respecting their fiber orientation, their aponeuroses as well as their function. The analytical study of the fascial chains allows for an incredibly effective stretch position.

This seminar will systematically review and practice myofascial stretches for all major muscles of the trunk, the upper and lower limb, giving close to hundred different stretching exercises.

### II/3 - Specific proprioception and awareness

**Proprioception:** The physiology that controls an articulation depends on numerous control mechanisms located in the muscle tendons, ligaments and articular capsule. Therefore, it is advisable to train these "micro-computers" to increase or revive control of a joint. Following a sprain, to treat arthrosis, to recover articular mobility, and to improve efficiency of movement, these various aspects of proprioception must be trained.

*"However, this work must be very precise. Because it is not the joint that is trained as a whole but a specific ligament or part of the capsule within that joint."*

This class will teach numerous biomechanically accurate exercises to target different ligaments of the foot, ankle, knee and the hip as well as proprioception of various parts of the SIJ, spine, shoulder, elbow and the hand.

**Awareness:** How can an articulation be trained, a muscle strengthened, or a posture corrected, if the brain does not know the area being treated? How does a spine remain straight, if the feeling of being straight is skewed? The cortex must be trained to become acquainted with and recognize every area of the body. A strict methodology involving four progression factors is indispensable to really becoming familiar with the pelvis: the cervical, thoracic and lumbar spine and the various diaphragms of the body. You will learn how to apply the very important and often neglected aspect of awareness in your daily practice.

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## **II/4 - ELDOA for the peripheral joints** (for SomaTraining students only)

After learning to address the joints of the spine in the spinal ELDOA class, you will learn to treat the joints in the periphery with very precise postures, which target relief in these specific articulations. The goal will be to decoapt and normalize the peripheral joints. As before, once you have learned these exercises, they take only a minute a day to perform.

Seminar Outline:

- Background and methodology
- Thoracic-Cage ELDOA practice
- Coxo-Femoral ELDOA practice
- Shoulder ELDOA practice
- Sacral and Sacro-Coccygeal ELDOA practice
- Introduction to cranial ELDOA practice

## **II/5 - Qualitative and quantitative periodization & Cinesiology**

The periodization part of this course focuses on thoroughly understanding quality (volume, strength, power, speed, relaxation, resistance, endurance, aesthetics, muscular re-education and fitness maintenance) and quantity (number of series, repetitions and rest time).

The cinesiology part of this course will focus on and discuss specific laws of physiology, physics and biomechanics that are behind the application of many SomaTraining tools such as:

- bearing-down, center of gravity
- hydrostatic pressure
- levers and how muscles act upon levers
- pulleys
- strength and speed muscles
- Pauwell's balance
- articular range of motion
- muscular range of motion and ranges of contraction
- muscles with multiple articulations, muscles with single articulations
- muscle strengthening methods

During the clinical application day, specific client scenarios will be discussed in relation to the appropriate use of SomaTraining tools.

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## **YEAR III – LEVEL 3**

### **III/1 - Circulatory and respiratory techniques**

The main purpose of the venous system is to carry oxygen-depleted blood rich in cell metabolism waste back to the heart. It is within the legs that the stresses are the greatest and the specific characteristics of the venous system are the most important, since the venous system must move blood against the force of gravity in the standing position.

Numerous people suffer from problems of venous return (varices, varicosities; heavy legs, oedema, etc.) Simple, yet very precise exercises, allow a stimulation of circulation of the blood in an anatomical and physiological sense for each vein.

There are numerous exercises to improve the quantity of respiration. In this course however we will focus on how to increase respiration qualitatively. The exercises taught in this course will focus on a very precise recruitment of each pulmonary segment in order to address frequently encountered respiratory insufficiencies (asthma, smoking –related issues, etc.)

### **III/2 - Global Postural Stretching - GPS**

Whatever you're methods of preseason conditioning, training, or re-education, it is necessary to place the body part being solicited, into a global posture. To rediscover the efficiency and fluidity of a movement, the GPSs allow a perfect linking between the joint, the muscle and their fasciae. These specific postures must be meticulously performed and are adapted to each part of the body.

The positions can be used in training and conditioning as well as in pre-season training. They are equally of indubitable efficiency for all re-education programs. For example, after an accident or an illness, all therapeutic treatment must be completed by a rehabilitation of all activities of daily life, in the personal life; the sporting life; and the professional life.

There are thus four big stages to follow:

The first is curative; by the surgeon, doctor; osteopath; or chiropractor according to their methodology.

The second allows the patient to validate the therapeutic action above by analytic auto-normalization exercises such as MyoFascial stretching, ELDOA, circulatory or respiratory exercises, proprioception exercises, awareness training, etc

The third stage brings in global postural exercises to give to the patient a general integration back into daily life, and sporting and professional activities. It is these global postural stretches of the trunk; and upper and lower limbs that are included in the program of the advanced personal trainer.

The fourth stage is the return to normal activities of the individual in question.

### **III/3 - Strapping for sport injuries**

This course will cover a specific methodology and strapping techniques for common sport and overuse injuries; such as sprains, subluxations, tendonitis, bursitis etc. that should be used as a therapeutic intervention along other therapies.

Very frequently, to assist in the ability of movement or strength performance, the trainer must apply a therapeutic tape for a ligament, tendon, muscle or a specific articulation. This technique is mechanical in nature with respects to the mechanics of the articulation and the biomechanics of the surrounding soft tissue that's affecting the tension, stability and mobility of that articulation.

### **III/4 - Cardiovascular training and physical conditioning**

It is advisable to increase cardio-vascular and cardio-respiratory capacities. Whether for the beginner, to maintain general conditioning, preparatory training for sports, or to improve the performance of a high caliber athlete, only a program adapted to the individual needs can respond to the specific objective. This course will study the elements that will permit progress in endurance, as well as cardio vascular and cardio-respiratory abilities according to the individual's needs. This is a very active and practical course with numerous tests to perform.

### **III/5 - Clinical application, final examination, conference**

This last seminar of the program discusses application of all the Level 1, 2 and 3 information for specific client scenarios and assesses the soon to be graduated SomaTrainers on their knowledge. It also answers any questions arising. Part of this course will be an open day for those who are interested and would like to find out more about the program.

The Complete Program consists of 15 three-day weekends and it spans a three-year period of time, and totals 360 hours of classroom instruction.

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