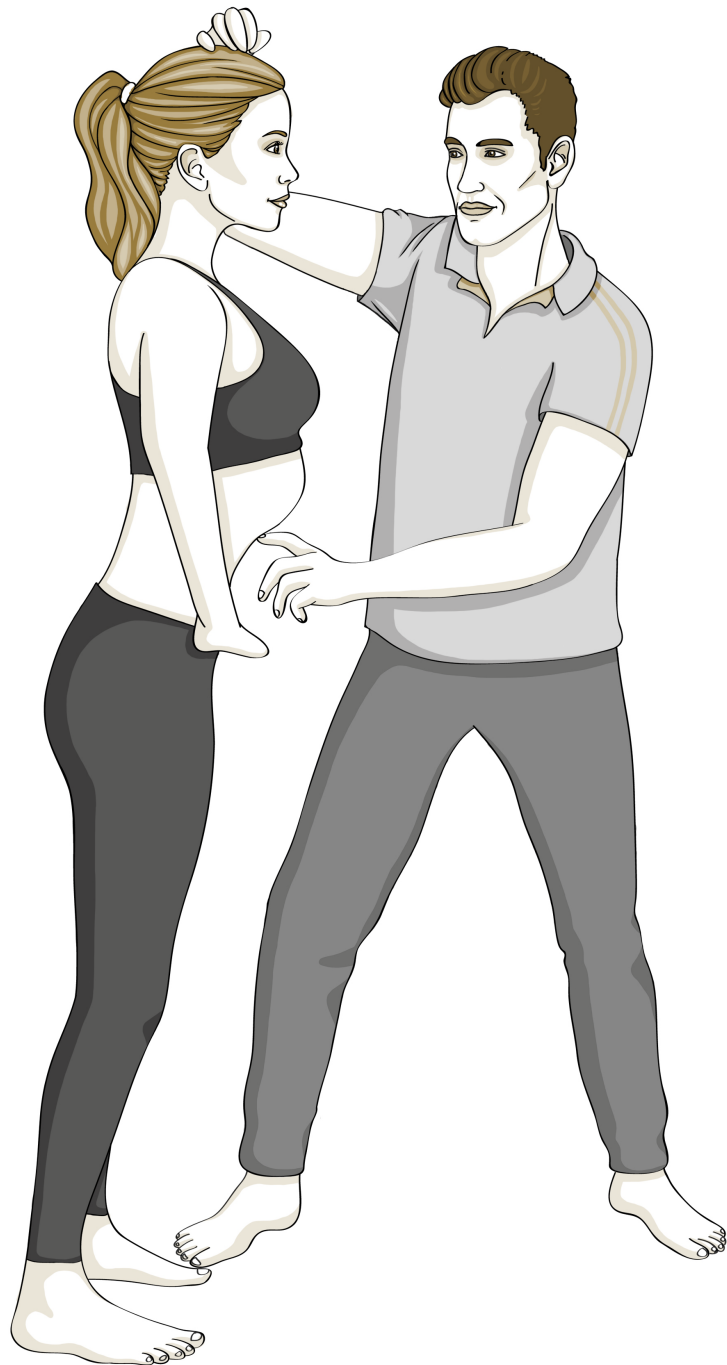


Low Pressure Fitness

COACHING CUES

Level 1



INTERNATIONAL
HYPOPRESSIVE



PHYSICAL THERAPY
INSTITUTE

Coaching cues Level 1

We have prepared this ebook entitled Coaching Cues Level 1 exclusively for **Low Pressure Fitness certified trainers, LPF-CT**.

It's a great resource for you LPF sessions, classes and clients.

You will find in great detail, the coaching cues for each pose of the LPF Level 1 sequence. It will also serve as a practical guide to review the most important principals of the exercises.

Now you can practice LPF with more confidence and competence with the our **new Coaching Cues Level 1 ebook**.

Don't wait any more to enjoy it!

Low Pressure Fitness 

* This is an exclusive material distributed for the uses of LPF-CT. The total or partial reproduction and diffusion of this material without permission of the International Hypopressive and Physical Therapy Institute is forbidden.

Low Pressure Fitness



COACHING CUES

VENUS

Low Pressure Fitness



COACHING CUES

ATHENA

Low Pressure Fitness

Cervical and thoracic flexion
while lengthening

Hip and heels aligned
exerting force
in opposition

Elbows pushing
Hands pushing

Slight knee flexion

Low Pressure Fitness

- Inhale
- Exhale
- Breath-hold

COACHING CUES

HERA

Low Pressure Fitness



COACHING CUES

AURA

Low Pressure Fitness



COACHING CUES

ISIS

Low Pressure Fitness



COACHING CUES

MAYA

Low Pressure Fitness



COACHING CUES

GAIA

Low Pressure Fitness



COACHING CUES

HESTIA

Low Pressure Fitness



COACHING CUES

DEMETER

Low Pressure Fitness



COACHING CUES

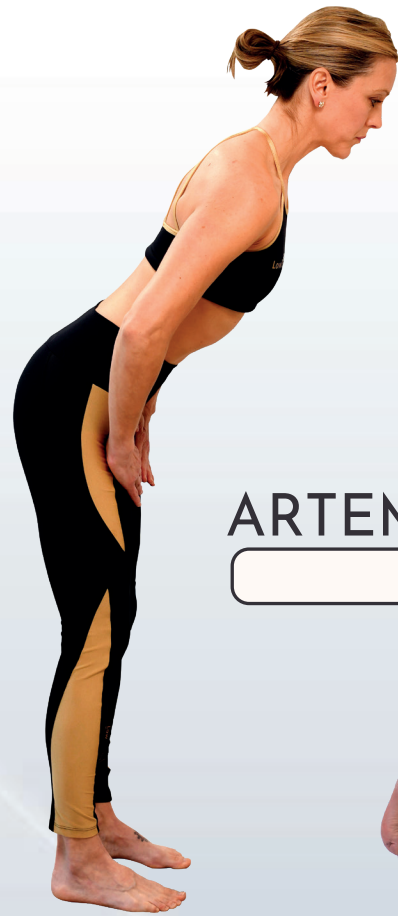
SELENE



VENUS
1



ATHENA
2



ARTEMIS
3



AURA
4



HESTIA
5



SELENE
10



DEMETER
9



GAIA
8



MAYA
6



ISIS
7

LPF
Low Pressure Fitness
LEVEL 1 SEQUENCE

Low Pressure Fitness

