



Fusion A'Line

Created by Helen Vanderburg

Fusion A'Line is an evolved mobility and stability training workshops that explores the latest trends in enhanced movement skill through a deeper understanding of the functional relevance of the fascial system in optimal movement.

Experience diverse methods of improving movement capacity and enhancing balance, stability and mobility. This core-centric workshop challenges the entire body like never before while releasing undue stress through releasing techniques and unique dynamic flexibility method.

By using movements from a variety of training methods and focusing on alignment you bring attention to posture and will feel the benefits immediately. Enhance your training and gain results in less time with this highly motivating workout technique.

Define:

Mobility — The ability to produce a desired movement.

Stability — The ability to resist an undesired movement.

Stability is created via a blend of active and passive influences. Passive constraints include the joint capsule, ligaments, and the joint architecture itself, along with more active constraints like motor control of surrounding musculature, muscular strength, etc.

Mobility and Stability Relationships

Moving the whole body reinforces the fundamental principles of chain-reaction biomechanics and function. Integrating multiple-joint motions is the biomechanical way to move stress away from specific areas in the body and introduce stress to the whole system as it shares the load.

Fusion A'Line Movement

| Fusion A'Line Mobility/ Stability Sample | | | |
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| | Intention | Time | Exercises |
| 1 | Warm up | 5-7:00 | Foot mobility Knee and hip mobility Spine flex and extension Spine rotation Full body integration |
| 2 | Kneeling | 5-7:00 | Spine flexion and extension (M) |

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|----|----------|----------|---|
| | | | Spine lateral flexion (M) Spine rotation (M) Alternate arm and leg lift variation (S) Same arm and leg lift (S) Lateral same arm and leg lift variations (S) |
| 3 | Lunge | 6-8:00 | Low lunge with flexion and extension (M) Low lunge with lateral flexion (M) Low lunge with rotation (M) Dynamic crouch to lunge (M) High Lunge (S) High Lunge with balance (S) Multi directional Lunges (S) |
| 4 | Plank | 5-7:00 | Prone thoracic extension with shoulder stability (M) Prone hip extension (M) Child's pose with arm variations (M) Down dog with crouch and extension (M) Plank variations (S) Push up variations (S) |
| 5 | Standing | 4 - 5:00 | Deep squat rock(M) Beast (S) Thread the needle (M/S) Single leg reverse hurdlers stretch (M/S) |
| 6 | Prone | 4 - 5:00 | Prone breaststroke (M) Modified locust (M) Prone unilateral shoulder opener (M) Prone Swimmer (S) Back extension to Plank to push-up (S) |
| 7 | Plank | 4 - 5:00 | Side kneeling flexion (M) Side kneeling leg variations (M) Side plank (S) Side plank with single leg reach (S) Seated side hip and shoulder extension (M) Plank to hip and shoulder extension (S) |
| 10 | Restore | 4 - 5:00 | Supine twist (M) Supine dynamic hamstring (M) Side lying twist (M) Side lying arm circle (M) Full body twist (M) Seated forward bend (M) |

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www.fusion-fitness-training.com

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NEW BOOK! Fusion Workouts by Helen Vanderburg and Human Kinetics