

# GrayInstitute

**Join the Gray Institute and its GIFT fellows at *IDEA Personal Trainer Institute*; click on any of the topics below for additional information:**

## **104: Functional Training in 3D-Matrix Logic**

**Doug Gray, Gary Gray, PT**

A matrix is a logical, three-dimensional exercise technique that allows the body to function in the manner in which it was designed to move. Each matrix is created based on the principles and strategies of applied functional science. This session will not only introduce and teach the principles and strategies of applied functional science, but it will empower trainers to create and utilize matrices (proper training techniques) for ALL clients and ALL purposes.

## **120: Functional Training in 3D-Matrix Applications**

**Doug Gray, Gary Gray, PT**

Understanding applied functional science and the powerful strategy of tweakology (altering exercises for specific purposes) comes numerous techniques to allow our clients to function more optimally and authentically. A matrix is a logical, three-dimensional way to train that provides variety and continuity to any program. This session explores many matrices in which to utilize in any environment for the betterment of our clients' health and well being.

## **212: Are We Speaking the Same Language? Functional Nomenclature Defined**

**Doug Gray, Gary Gray, PT**

There is a tremendous need for fitness professionals in the movement science industry to be able to clearly and completely identify any and all types of movement (exercises). This session introduces the principles and structure that will enable all trainers to identify, designate and apply movement with precision. With this foundational knowledge, trainers will not only be able to accurately describe functional movements, but they may also use this system to design effective exercise programs.

### **105: Kids Fitness-Expanding Their Movement Vocabulary for Life**

**Pat McCloskey, MS**

Just as a vocabulary of words is developed through many experiences and methods, a child's movement vocabulary should also be developed using a multidimensional approach. In this session, you'll be exposed to the insights and applications of applied functional science and its incredible impact on kids' exercise programs.

### **011: Integrated Back Rehabilitation—Regression to Progression (L/WS)**

**Chuck Wolf, MS**

Historically, back care and rehabilitation strategies have focused on corrective exercises that engage the lower back in isolation and in one plane of motion. The lower back is greatly dependent upon the proper functioning of the feet, pelvis, thoracic spine and shoulder girdle. This session will explore these interrelationships and create strategies to improve and strengthen motion throughout the entire movement chain. Trainers will learn how to develop a tri-plane approach to lower-back health by blending traditional exercises and progressing to integrated movements.

### **100: Flexibility Highways "In Motion"**

**Chuck Wolf, MS**

Most trainers, at one point or another, have worked with clients who have experienced a loss of range of motion and stability. What do you do with these clients? And, will a simple stretching regimen solve the problem? Find the answers to these questions and more in this extended session. We will begin by examining the six integrated chain relationships and their involvement with adjacent muscle groups to attain optimal function and performance.

### **226: Myofascial Matrix**

**Chuck Wolf, MS**

Postural organization is controlled by the central nervous system in conjunction with the skeletal, muscular and fascial systems. As more research emerges, health and fitness practitioners need to understand the importance the fascial matrix plays in integrated movement patterns and postural alignment. This session will explore the key fascial matrix linkages that produce efficient and effective actions to enhance movement.

### **201: Core Training: Going Global**

**Michol Dalcourt, Rodney Corn, MA**

For the last decade, the health and fitness industry has been enamored with the core. Countless presentations, articles, research studies and opinions have all centered on this topic. In this workshop, we will play with and practice many exercises for core development as well as explore the recent evolution of the core, looking at how it has traditionally been viewed and then discussing a more current integrated view. You won't want to miss this journey through functional anatomy and biomechanics, and the chance to take home many new exercises.

### **221: Creative Total-Body Exercises Your Clients Will Love**

**Rodney Corn, MA**

There seems to be a never-ending need for fitness professionals to acquire more exercises, whether for burning calories or increasing performance. One of the best ways to quickly develop more exercises is to simply combine them. In this workshop, we will discuss a simple system you can use to safely and effectively create and progress a multitude of total-body exercises. We will then practice and play with the many different examples you create.

### **301: The Metabolic Playground**

**Rodney Corn, MA**

Why is it that kids get to have all the fun? Why can't adults play on a playground while getting a good metabolic response? If you are tired of the same old exercises and routines, join us as we turn common tools and programs into a metabolic playground that can be used in multiple environments with multiple populations. Don't be afraid to use non-traditional forms of exercise to generate a fun and results-oriented workout. We will mix reactive and agility-style drills, jumping, hopping and smiles into a simple and fun workout. Progressions and implementation will also be discussed.

### **107: Functional Proprioceptive Training**

**Fraser Quelch**

Create a peak glute contraction with a simple arm motion! Fire your calves with a reach of the foot! Understanding how our body is driven to react to our actions and how we can harness this incredible proprioceptive power is redefining the way we train our clients. Learn how to use this powerful technique to create functional chain reactions that will increase muscle activation and bring your clients to their peak.

### **127: TRX®; Sport Performance**

#### **Fraser Quelch**

Some of the world's top coaches and athletes are integrating TRX Suspension Training® into team or individual athlete programs to reach peak results. Learn how these techniques can be adapted to be safe and effective for any client with functional and athletic aspirations. This session will provide a program targeted specifically for enhancing general athletic ability and will also address specific strategies for individual sports.

### **227: TRX®; Functional Fusion**

#### **Fraser Quelch**

This exciting session integrates the TRX Suspension Trainer® with other fitness equipment to give a heart-pounding workout. Learn how to enhance the TRX and create diverse circuits by combining multiple tools with smart and effective programming to achieve the highest levels of motivation and success for your clients.

### **305: Continuum Training: A Model for Peak Results**

#### **Fraser Quelch**

Balancing the programming differences between what clients need and what they want is one of the most challenging elements of personal training. Learn how to systematically assess where a client is, what they need and what programming will bring them to their peak fitness while addressing their movement compensations. This revolutionary model provides trainers with an easy-to-execute training model that guides what measure of corrective- versus performance-based training methods should be used with each client and even leads them to the right exercises to use for peak results.