

## **DNS Gym & Strength Training Course**

The DNS Strength and Gym courses (Levels 1 -3) are developed specifically for Personal Trainers, Strength Coaches, Exercise Physiologists and other Clinical professionals who utilize Strength Training in their client treatment plans.

**Aim:** The Courses will give participants a good understanding of the DNS principles and how to apply them to different Gym & Strength Training situations.

**Learning outcomes:** At the end of the Courses the participants will be able to identify the developmental positions in traditional gym exercises and know how to apply the DNS principles to various levels of training.

**Course Content:** Due to the large quantity of the material there are two levels of Courses targeting different aspects of training. The Gym & Strength Training Courses include material from the original DNS Exercise-1-3 Courses, as well as a large portion of gym-specific training material, and will therefore counted by the Prague School for advancement through the “DNS Exercise” series.

**Series Instructor: Hans Lindgren DC**



## **DNS Exercise-1 Gym & Strength Training- 2 Day course**

**Content:** In addition to the standard DNS Exercise-1 content, the following topics will be covered:

- Core stabilization principles and its prerequisite for lifting.
- The role of the diaphragm's postural and/or respiratory functions in various types and levels of training (lifting)
- Active stance; core stabilization & joint centration
- Sensory motor-control for weight training
- How to apply DNS principles of stabilization and movement to some of the main lifting exercises eg Squat, deadlift, rows, presses and many other exercises.
- How to identify the most frequently occurring non-optimal stereotypes of weight training and how to correct them.

## **DNS Exercise-2 Gym & Strength Training- 2 Day course**

**Content:** In addition to the standard DNS Exercise-2 content, the following topics will be covered:

- Advanced core-stabilization exercises
- How to apply DNS principles to Uni-lateral training- single leg/ single arm exercises
- Strongman training – Boot Camp, Cross-fit (suspension training, loaded carries)
- Advanced training for mobility, strength, and coordination (Active Exercises) from the developmental perspective to enhance lifting ability and performance.
- How to identify the most frequently occurring non-optimal stereo-types of weight training and how to correct them.

## DNS Exercise-3 Gym & Strength Training- 2 Day course

**Content:** In addition to the standard DNS Exercise-3 content, the following topics will be covered:

- How to apply DNS principles to Gym and Strength training for different sports
- Gym training for sports – throwing, jumping & sprinting
- Advanced training for mobility, strength, and coordination (Active Exercises) from the developmental perspective to enhance lifting ability and performance for different sports.
- How to identify the most frequently occurring non-optimal stereo-types of weight training, and how to correct them - shoulder, hip and knee.

Optional practical testing of the participant's skills to achieve Certified DNS Exercise Trainer Diploma Certification in DNS Exercise Course

- To ensure adequate practice with clients, this practical test can only be taken one year after completion of the first DNS course (Either DNS Exercise I or DNS A).

