

Aqua Anatomy: Session Four

Muscles of the Trunk: Global Abdominals (Extrinsic Core) and Back Erector Spinae & Quadratus Lumborum Muscles



Sunday, March 5, 2023 1pm - 4 EST

with Katherine, McKeown CALA Master Trainer

Earn 3 CALA CECs Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA, CFES.

Description: As was evidenced in Session 1, 2 & 3 focussing on the Shoulder Girdle, Shoulder Joint & Inner Core (all workshops are available for independent learning), we know that the study of Human Anatomy is complex and deeply interconnected. The muscles featured in session #4 include the Global Abdominal Muscles (Rectus Abdominus, Internal and External Obliques) and the Erector Spinae and QL Muscles.

Learning Objectives:

- 1) Become familiar with the Global Abdominal Muscles (Rectus Abdominus, Internal and External Obliques) and the Erector Spinae and Quadratus Lumborum Muscles, including their location and joint actions in their role as prime movers and stabilizers.
- 2) Learn specific CALA Base Movement sequences that activate the Global Abdominal Muscles (Rectus Abdominus, Internal and External Obliques) and the Erector Spinae and Quadratus Lumborum Muscles.

COST: CALA Member: \$75 + tax / Non-Member: \$95 + tax (ON tax is 13%)
Add \$20 + tax if paying after February 23, 2023

No refund for withdrawal

Please print **in black ink** or type

Name	_____		
Address	_____	Join CALA Now <input type="checkbox"/>	\$59 + tax
City	_____	Tel. h	_____
Prov	_____	Cell	_____
Postal	_____	Tel. w	_____
Email 1	_____	Email 2	_____

E-transfer to cala_aqua@mac.com

Amount Paid _____

WAIVER AGREEMENT: Please check that you agree to the following **WAIVER**.

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

Email form to cala_aqua@mac.com

You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form

On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding