

# Low Pressure Fitness

The International Hypopressive & Physical Therapy Institute hereby certifies that

**ANTONINA DOBRODITSKAIA**

Has successfully participated in the LPF training program

Level 1

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Murcia

INTERNATIONAL  
HYPOPRESSIVE & PHYSICAL THERAPY  
INSTITUTE

  
INTERNATIONAL HYPOPRESSIVE &  
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Camilo Villanueva  
Executive Director

# Low Pressure Fitness

## LEVEL 1

### THEORETICAL CONTENTS

- Low Pressure Fitness Concept
- Postural foundations
- Pelvic floor & breathing anatomy
- LPF goals
- Pelvic floor biomechanics
- Pelvic floor physiopathology
- Abdominal assessment
- Practical applications

### PRACTICAL CONTENTS

- Postural and breathing technical fundamentals
- Level 1 sequence
- Exercises, progressions and transitions of Level 1
- Myofascial diaphragmatic release technique
- Teaching methodologies