



Course Title:     **Exercises on Half a Roll**

Produced by:    **Fitness Learning Systems**  
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Course Type:    **e-Learning Home Study**

Credit hours:    IACET (International Association for Continuing Education and Training) 0.2  
(2 Hours) Approved and Accepted by several additional organizations.

Author:

**Igor N. Burdenko, PH.D.**

Igor N. Burdenko is the founder and chairman of the Burdenko Water and Sports Therapy Institute in Bedford, Massachusetts. The institute is dedicated to healing programs that combine traditional and alternative therapies in the water and on land. Dr. Burdenko has developed a national and international certification program for the Burdenko Method. His clients include numerous athletes from the NBA, NFL, NHL, U.S. and Russian Olympic Teams, members of the U.S. Handicapped Olympic Team, and several top world known dancers and figure skaters.

Educated in Russia, Dr. Burdenko received his Ph.D. in Sports Medicine and his M.S. in Physical Education. He has authored and co-authored four books and over one hundred articles on health and fitness, training and conditioning. He presents seminars, lectures and certification of the Burdenko Method throughout the world. He also consults on the design and implementation of therapeutic facilities and equipment.

More than forty years of experience and research have made Dr. Burdenko one of the world's leading authorities on the use of land and water exercises for rehabilitation, conditioning, and training.

Course Description:

Learn about the Burdenko Method and Dr. Igor Burdenko's unique approach to total body conditioning for rehabilitation, conditioning and training. This course provides 15 unique exercises for Half a Roll that can be used personally, in group fitness, or for personal training. Great video demonstrations and beginner, intermediate, and advanced break downs for each exercise. This course is part of Fitness Learning Systems "Printable Exercise Series" which allows you to print off each exercise with pictures and full descriptions.

Introduction:

Like the athlete or musician whose skill and performance diminish without constant practice, without adequate exercise our health and physical abilities deteriorate. As a society, many of us are willing to commit time, energy, and money to fitness programs, sports, and recreational activities.

The purpose of the Fitness Intelligence (FI) Programs is to present a different approach to exercise activities. This program pays a health dividend and gives you a feeling of well-being

and accomplishment. Ultimately, it teaches that exercise is neither a chore nor a show, but preparation for everyday life and a healthy future. (Burdenko 1998)

### **For Health-Fitness Professionals**

This eLearning course is taken from the Fitness Intelligence Land 1 course, gives you an introduction to the Burdenko Method, and only presents the Half a Roll exercises. After you have studied this course and practiced the exercises, you will be more qualified to teach these concepts in personal training and group fitness as a health-fitness professional. Use the exercise print outs available in this course to provide simple, quick, functional exercises to help your clients comply with a home fitness program. Work with your clients to teach them and have them practice the exercises and modifications to meet their individual needs. This course is also available with continuing education credit.

### Objectives:

After completing this course you will be able to:

1. Describe the Burdenko concept of Fitness Intelligence (FI) and Choreography.
2. Identify and describe the components in the 3 levels of programs in the Burdenko Method.
3. Describe the principles, philosophy, and primary characteristics of the Burdenko Method.
4. List the six essential qualities of the Burdenko Method.
5. Recognize the target market for Burdenko land exercises.
6. Explain the exercise guidelines, training tips, and general training principles for Burdenko FI exercises.
7. Identify the 3 components of a training session.
8. Identify and describe 15 exercises for half a roll with proper technique and training progression.

### Outline:

Fast Track Menu:

Introduction to the Burdenko Method

Fitness Intelligence

The Burdenko Method

Rehabilitation

Conditioning

Training

Chart for Levels of the Burdenko Method

Levels of the Burdenko Method

Principles of the Burdenko Method

Philosophy of the Burdenko Method

The Primary Characteristics of the Burdenko Method

Six Essential Qualities of the Burdenko Method

Target Market

Exercise Guidelines

Training Tips

Components of the Training Session

Exercises on Half a Roll

About the Equipment: Half a Roll

Tips for Half a Roll Program

Wake-up Call

Diamond Hugging

Single Leg Extension

Opposite Arm and Leg Lift

Double Leg Extension with Sit-Ups

Double Leg Sequence  
Running  
Bridge  
Buddah Sit  
Sit-Ups  
Walking the Beam  
Leg Swing  
Side Stepping  
Step Sequence  
Jumps On / Jumps Off

Printable Exercises

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