



Course Title: **Fitness Intelligence for the Health-Fitness  
Professional: Land 3 Ball & Bench**

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

Credit hours: ACSM 3.0, COPS K-T 0.3, NCSF 1.5, NFPT 1.0,  
YMCA 3.0, NSPA 3.0, W.I.T.S. 3.0

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:

The Burdenko Method of Fitness Intelligence was developed through years of research, training, and practice by Igor Burdenko. Dr. Burdenko has rehabilitated and trained several Olympic medal winning athletes. These exercises are highly adaptable for all levels of clients to the equipment shown or to use without equipment. Applications for group fitness, personal training, and rehabilitation. Fitness Intelligence exercises work very well for small group training formats for quick and effective training. Training levels for all exercises are presented, with video and pictures to help guide you. Add these innovative and effective training exercises and techniques to your programs for a fresh

edge and unique program twist. There are 3 courses available for land exercises and three available for aquatic exercise applications.

### Introduction:

The unique Burdenko Method works to restore full functional capacity through concepts in Fitness Intelligence. Exercise is an act of intelligence: the ability to process information and use it in fitness performance: how to move the body gracefully, efficiently and safely in different environments and activities, based on education, knowledge and experience. Progress your clients through one of a kind exercises designed to harmonize six essential qualities: balance, coordination, flexibility, speed, endurance, and strength.

The purpose of this course is to present a different approach to exercise activities and to show how 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.

This course incorporates important information for teaching your clients fitness activities using The Stick and Burdenko Belt. After you have studied this course, you should be more qualified to teach these concepts in personal training and group fitness.

### Objectives:

After completing this course, you will:

1. Understand the origins of the Burdenko Method.
2. Describe the Burdenko concept of Fitness Intelligence (FI).
3. Understand the general concept of the Burdenko Method.
4. Identify the levels of the Burdenko Method.
5. Understand the principles, philosophy, and general characteristics of the Burdenko Method.
6. List and describe the six essential qualities of exercise.
7. Determine the target market for Burdenko exercises.
8. Describe exercise guidelines and training tips for Burdenko FI exercises.
9. Understand the components of a workout with proper warm-up, conditioning, and cool down.
10. Identify general training principles for Burdenko FI training exercises.
11. Demonstrate and explain 15 exercises on a Ball with proper technique and training progression.
12. Demonstrate and explain 15 exercises on a Bench with proper technique and training progression.

### Outline:

Introduction to the Burdenko Method

About Igor Burdenko

Fitness Intelligence

The Burdenko Method:

Rehabilitation (Restore)

Conditioning (Maintain)

Training (Enhance)

Chart for Levels of the Burdenko Method

Levels of the Burdenko Method:

Restore

Maintain

Enhance

Principles of the Burdenko Method

Philosophy of the Burdenko Method

Rotation

Bending

Extending

Pushing

Pulling

Reaching

Jumping

Shifting

The Primary Characteristics of the Burdenko Method

Six Essential Qualities of the Burdenko Method:

Balance

Coordination

Flexibility

Endurance

Speed

Strength

Target Market:

Personal Training

Small Group Training

Group Fitness

Exercise Guidelines

Training Tips

## General Training Principles

### Components of the Training Session:

Warm-up

Dynamic Stretching Exercises, Lead-up or Free Movement Exercises

Conditioning

Cool Down

### Exercises on the Ball

About the Equipment: the Ball

Tips for Exercises on a Ball

Exercise 1: Wake Up Call

Exercise 2: Jogging

Exercise 3: Triple Bounce to Stand

Exercise 4: Double Bounce to Stand

Exercise 5: Single Bounce to Stand

Exercise 6: Single Leg Extension

Exercise 7: Double Leg Extension

Exercise 8: Mimic Downhill Skiing

Exercise 9: Quarter Turns

Exercise 10: Roll the Ball

Exercise 11: Knees to Chest Face Down

Exercise 12: Knees to Chest Face Up

Exercise 13: Pendulum

Exercise 14: Pass the Ball

Exercise 15: Bridge

Summary Chart for Exercises on a Ball

### Exercises on the Bench

About the Equipment: Bench

Tips for Exercises on the Bench

Exercise 1- Marching

Exercise 2- Mimic Walking

Exercise 3- Single/Double Leg On/ Leg Off

Exercise 4- Double Leg Extension

Exercise 5- Double Leg Extension- Feet off Floor

Exercise 6- Leg Over the Bench

Exercise 7- Leg Swings with Turns  
Exercise 8- Single/ Double Leg Over  
Exercise 9- Hurdles  
Exercise 10- Russian Dance  
Exercise 11- Passive/ Active Stretch  
Exercise 12- Buddha  
Exercise 13- Jumps On/ Jumps Off  
Exercise 14- Jumps Over  
Exercise 15- Statue of Liberty  
Summary Chart for Exercises on the Bench

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