

Low Pressure Fitness



THE INTERNATIONAL HYPOPRESSIVE INSTITUTE

Proof of Attendance

Celia Gutiérrez Vázquez

Has successfully participated in
the LPF Wall Series Seminar

VIGO, 04/07/18

Camilo Villanueva
Director of Operations

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PRACTICAL CONTENTS

- Sequencing Practical exercises of Wall-Serie
- Technical Introduction of Wall-Serie
- Wall Serie Initiation Sequence
- Wall Series Stream Improvement
- The teaching and learning of the Wall-Serie
- Methodological progressions of Wall-Serie

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