

# Flexercise® Lesson Plan Outline

## Two Day workshop

### Text

Fit for Life, Harvey and Marilyn Diamond, Warner Brothers, New York,  
Henry, Vernon, Flexercise Fitness Instructor's Handbook, 2nd edition©, California, 2017  
Flexercise Training Video©, CIJH, LLC., Texas, 2018

### Course Outline

## Friday

Welcome and Introductions/expectations	8:00 am
Power Point Presentation- History of Flexercise	8:15 am
A. Trophology - The science of proper food combining	8:45 am
1. Digestive process	
2. Hindrances	
3. Benefits	
4. Key terms	
	Break 9:45 am
B. Natural Body Cycle	10:00 am
1. Appropriation	Trophology
2. Assimilation	
3. Elimination	
C. Natural Hygiene	10:45 am
1. Process	Natural Body
2. Key terms	
D. Coronary Artery Disease	11:15 am
1. Heart rates	
2. National trends	
3. Alternative medicine	
4. Exercise and hypertension	
	Lunch
	12:00 Noon
E. Cholesterol	1:00 pm
1. Measurements	CAD
2. Implications	
3. High and Low density lipids	

4. Arteriosclerosis
5. Treatment methods
6. Key terms

F. Calories

1. Energy balance equation
2. Recommendations and deficits
3. Key terms

2:00 pm  
Cholesterol

Break

3:00 pm

G. Sprains and Strains

1. Definitions
2. Treatments
3. Key Terms

3:15 pm

I. Meditation

1. Medical trends
2. Cultural views
3. Physiological response
4. Breathing techniques
5. Affirmations

4:00 pm

What is Flexercise? Oral Statement

4:30 pm

End first day

5:00 pm

## Saturday

Prime Movers: The Flexercise Movements	9:00 am Kinesiology
Proper names	10::00 am
Break	10:45 am
Standing Flexibility	11:00 am
Sitting Flexibility	11:20 am
Power and Strengthening	11:40 am
Breathing Techniques	12:00 noon
Lunch	12:30 pm
Practicum Flexercise Work Stations	1:15- 3:30 pm
Break	3:30 pm
Written Exam	3:45 pm
End Workshop	5:00 pm

Congratulations!