

## Physical Development Online Support (PD-OS)

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The PD-OS is primarily aimed at people who want a targeted and practical support to achieve a specific goal in the field of physical practice for a limited period of time. Speak simply like to do training for themselves without much fuss. Through our programming we can help you to work on this topic/goal without much exchange and with constant guidance. So we show you a way, but you can do it yourself.

### ABOUT THE PD-OS

The PD-OS is an 18-week **individual** online course. It can serve as a start or an extension of your personal practice. Even though the PD-OS is related to only one topic/goal, important life experiences are always gained through the work. Researching and using potential as well as learning and practicing life-skills such as the ability to learn, dealing with frustration, trusting, independence, self-observation and reflection are overarching themes that we emphasize in the OS no matter if you're doing Handstands, Strength-Work or Parkour etc. This is an extra benefit of our comprehensive online work.



For various reasons, not all of our physical practice topics are available as individual projects. Topics for which we offer our knowledge and experience for support in individual projects are:

- Low Impact Coordination
- Mobility & Pre-/Rehab
- Strength (Fundamentals, Rings) & Softening
- Endurance
- Handbalancing
- Floorwork & Acrobatics
- Beginner Parkour
- Meditation

## **DESCRIPTION OF THE AVAILABLE TOPICS**

On the next pages you can read what you can expect from us on each topic.

### **• Low Impact Coordination**

An interesting topic, from several perspectives. You can see coordination as the foundation of movement, since movement is always the interaction of individual parts. Coordination also stands for movement control, movement coupling ability, rhythm, kinetic differentiation, complex reaction, spatial orientation, dexterity and more. You want to be able to know what's happening in the moment you move. You want to move individual parts of the body independently of each other as well as in relation to other parts.

This work will help you to understand yourself better, move better and also can help your healing process after an injury.

Furthermore, it is about the ability to use his body as a unit and thereby gain efficiency and looseness. What has to "work" individually will eventually harden. What hardens will eventually crack, break and hurt. Hardening from different training and everyday life can lead to side effects such as slowed reactions and injuries. To eliminate unnecessary tension and counteract the undesirable side effects of hard training and daily life, our Softening practice demonstrates various concepts to soften and lighten the body, especially muscle tone, and also the mind. This creates a balanced body. - And that is a healthy, efficiently functioning body.

### **• Mobility & Pre-/Rehab**

What is mobility? For us, mobility is the active range of motion (RoM) of the joints. Mobility training aims to improve range of motion to gain more freedom and opportunity to move. Mobility training is a movement-based approach that holistically addresses all areas that can lead to movement limitations (limited joint mobility, neural weaknesses or misalignments, motor limitations, etc.) Working with movements around our major joints to eliminate as many limitations as possible. We look for exercises that are very similar to the mobility you want to improve.

We offer both health-oriented general and goal-oriented specific flexibility wedge training.

### **• Strength (Fundamentals, Rings, Organic Ideas) & Softening**

Strength is also a foundation of movement. The training for it should help you to build a balanced strength over the biggest possible range of motion. This helps to create a physically strong structure that supports you in exploring more complex movement(s). Further it should enable technically demanding movements, promote health and creating a fully applicable strength. The training is approached in a clear way towards complexity and intensity and provides clear progressions and methodologies for development.

We offer both health-oriented and goal-oriented strength training.

- **Endurance**

Endurance refers to the resistance of the organism to fatigue and the ability to regenerate quickly after a strain. Endurance exercises strengthen the cardiovascular system. A trained heart can pump more blood and thus transport more oxygen and nutrients to the muscles. Good endurance is not only important for your general training but also beneficial for everyday life and quality of life in general.

If you need guidance in how to build up a sustainable endurance practice this is something for you.

- **Handbalancing**

There is not much to say here. We support you in both building and deepening your handstand practice. We show you a sensible and sustainable method to have fun with handstand in the long run. We give you drills for coordination, mobility and strength, as well as for balancing. Furthermore, you will receive theoretical material and specific instructions to better understand the handstand and what it requires.

- **Floorwork & Acrobatics**

Learn ground level movements and different acrobatic elements and how to integrate them as well as concepts and ideas to train the open form, the free movement and different qualities.

Use this form of movement to expand your mobility possibilities and qualities, to better orient your body in space and time, and to move more diversely.

- **Beginner Parkours**

Learn to move in relation to the environment - a very rich and explorative way of moving and using your body. Change your perspective for your environment, sharpen your senses and see things differently. Develop creativity and improve your problem solving strategies as well as training your eyes and mindset by dealing with different emotions and feelings.

We focus on things like running and sprinting, balancing, jumping, hanging and swinging, overcoming obstacles, climbing and bouldering as well as swimming and rolling.

- **Meditation**

What is Meditation? Good question - hard to answer. For us it means to explore something. You can explore it yourself and can figure out what it means to you. Meditation can lead through phases of thoughts, movement, expression and silence, in which a human can free experience many different moments and free himself from the ballast of everyday life held in his body. Our experience ranges from passive, sitting and standing to active and walking meditation. Create for yourself the possibility of a metaphorically spoken room divider, which you can use to come down, to position yourself or to get clarity between different consecutive events. Learn to listen to your body and create silence, attentiveness and a relaxed being.

## **PROCESS OF THE ONLINE SUPPORT**

The PD-OS package includes three training phases of 6 weeks each. Six weeks per phase is our recommendation based on training periodization and adaptation processes. However, you can take the time you need and train longer than the 18 total weeks. Realistically, it will always be a few weeks more anyway because something will come up here and there (a cold, personal stuff, stress at work, etc.; that's life!). So the 18 weeks refers to the active training time. Please note: Just because you don't manage to work out doesn't mean it's rest time. Usually you skip a workout because you are stressed by other things, i.e. you don't recover during this time.

You have access to the training phases for the rest of your life.

Before you start with the PD-OS, you tell us your topic/goal for which you want to train. So that we can better assess you, we have created a medical history sheet that helps you and us to get to know you better as a person and to create a training plan that suits YOU. You will receive this form after your registration. After you return it to us, we will start designing your training phase, depending on your actual training level and the available time you want to invest in training. This includes a detailed overview of your training structure for a week, as well as different topics you will work on to train for your goal. For optimal recovery, we include topics for loosening up, prehab and rehab topics for injury prevention and further treatment, as well as the specific things that are directly related to your goal. For this, we have access to over 1200 videos in our YouTube library, a small portion of which can be found in your training plan. You will also receive a "Theoretical Training" document that will help you get a deeper understanding of what training is and how to productively work through the training phases.

The training will be progressive, so that you will make progress over the period of all three training phases - assumed that topics such as proper nutrition, sleep and regeneration are not completely ignored. At this point please note that your progress not only depends on the content of your training plan but especially on your own responsibility and how you treat it. You get out what you give in. A certain dedication and seriousness to complete the training is recommended.

### **Communication & Feedback**

The package includes **one 40-minute** personal feedback session. Additionally, you have the option to receive more personal feedback if you wish. You can make an appointment for a 30/60 (40€/75€) minute video call, where you will have the opportunity to receive feedback or talk to us about your training, as well as problems you faced and personal success stories.

## **SUMMARY**

We believe that online support is a valuable way of sharing our work and from your side to participate in it. However, since online training requires a certain independence like focus and dedication we encourage you to consider carefully whether you are the type of person who can work on your own or would like to learn how to do so, because this is the key to fun and success with online work. If you think this is something for you, then you will benefit a lot from it.

Following a short fact check, what the PD-OS contains for you:

- Duration & Costs
  - 3 training phases à six weeks (recommended, you also can do longer)
  - 350 € (paid all at once; note that the price refers to the three training phases and not to a single phase)
  
- Practical Material
  - Written descriptions
  - Images
  - Videos from our YouTube Library
  - Scheduling (please let us know with your registration if that is desired)
  
- Theoretical Material
  - Anamnese Sheet
  - Document for personal reflections for a better training overview
  - Theoretical Training Document
  
- Feedbacks
  - 40 min video call session 1x  
(you can book extra feedback if wanted/needed; 40 €/30min 75 €/60min)
  
- Social Interactions
  - Group Training (participation in the group training is free when visiting Hamburg)

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All further information you need from us and we need from you will be given to you after you chose to be part of the PD-OS and decided to work with us.