

# Low Pressure Fitness

The International Hypopressive & Physical Therapy Institute hereby certifies that

**MARGARITA CARVAJAL DURÁN**

Has successfully participated in the LPF training program

Level 2

July 03, 2022  
Vigo

INTERNATIONAL  
HYPOPRESSIVE & PHYSICAL THERAPY  
INSTITUTE

  
INTERNATIONAL HYPOPRESSIVE &  
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Camilo Villanueva  
Executive Director

# Low Pressure Fitness

## LEVEL 2

### THEORETICAL CONTENTS

- Organization of LPF session
- Initial assessment: anamnesis & questionnaires
- Functional assessment: respiratory function tests
- Teaching & communication

### PRACTICAL CONTENTS

- Respiratory muscle training exercises
- LPF Level 2 exercise sequence
- Exercises, transitions and progressions of Level 2 sequence
- Methodological adaptations of level 2 exercises
- Teaching and methodology for small groups and group X classes of LPF.