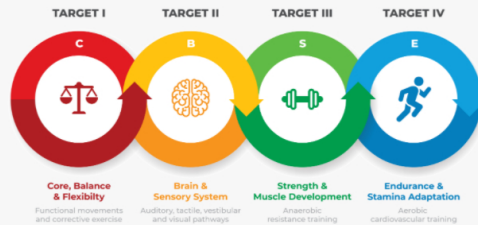




CBSE Training Model

CBSE Training Model

We've used our scientific CBSE training model to train over 1,500 children, adolescents, and adults with mental and physical challenges.



Our CBSE Training Model was created by a team with over 75 years of combined experience. Our mission is to make our clients "Special Strong" in mind, body, and spirit so they can live a more independent and abundant life. Our model is based on functional training using the latest scientific research for children, adolescents, and adults with a disability, disease, or disorder.

We help our clients become "Special Strong" by targeting four areas:

TARGET 1: CORE, BALANCE & FLEXIBILITY



Functional Movements & Corrective Exercise

Core, balance, and flexibility are the foundational pieces that allow the body to perform the movement. The neuromotor difficulties and low muscle tone that are seen in various disabilities, diseases, and disorders often contributes to poor core activation, balance, and flexibility. This can lead to postural problems, falls, injuries, and other muscular imbalances. In this part of the CBSE Strong Model, we focus on performing functional movements that improve core strength and increase balance along with passive and static stretching to improve flexibility.



TARGET 2: BRAIN & SENSORY SYSTEM

Auditory, Tactile, Vestibular & Visual Pathways

In recent years, scientists and medical

doctors have confirmed brain neuroplasticity. In simple terms, it means that God created our brains to change at any age of our lives. Low functioning or high functioning, brains can change! In this part of the CBSE Strong Model, we focus on exercises that provide an environment for new neurological pathways to be made. Through repetitive movement which creates muscle memory across the body's transverse line and midline, left/right brain connections as well as bottom/top brain connections can be made. These connections aid in multi-tasking, decreasing melt-downs, improving social skills, reducing anxiety, and reducing heightened sensory sensitivities and in turn increasing independence. Many clients who have used our program have been able to obtain jobs due to their improved independence.

TARGET 3: STRENGTH & MUSCLE DEVELOPMENT



Anaerobic Resistance Training

Anaerobic exercise, such as resistance training, involves a short burst of intense movement. We have been able to adapt traditional resistance training exercises to promote muscle development, which helps lower body fat percentage and increase lean muscle.



TARGET 4: ENDURANCE & STAMINA ADAPTATION

Aerobic Cardiovascular Training

Aerobic exercise, such as steady-state cardio, involves using oxygen for extended periods of time. When the body starts to undergo this kind of activity, the heart becomes more efficient and the body learns to adapt to increases in cortisol. As a result of this type of aerobic activity, more calories are expended and tools such as self-regulation become more effective from the body learning to adapt to stress. All of our cardio exercises have been modified and adapted to work with children, adolescents, and adults with a disability, disease, or disorder.

Special Strong

ON INSTAGRAM

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"I have come that they may have life, and that they may have it more abundantly." John 10:10



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Our services are available to all members of the public regardless of race, gender or sexual orientation