

## Practical Evaluation

By completing this Pre & Postnatal course, you are eligible to become certified by Barre Intensity to teach the pre & postnatal population in a group fitness setting. Once ready, record yourself demonstrating the following skills and visit [www.barreintensity.com/prenataltestout](http://www.barreintensity.com/prenataltestout) for additional information and to submit your test out. You must receive a "Yes" in all components in order to pass.

### TRANSVERSE ABDOMINIS ACTIVATION

Teach yourself or another participant how to connect to the transverse abdominis muscle. Use Marching or Four Point Abs on pages 33 and 34 to demonstrate this skill.

- Was the correct exercise selected?  YES  NO
- Did you cue how to find and maintain neutral spine?  YES  NO
- Were there at least three verbal cues specific to engaging the transverse abdominis?  YES  NO

### PELVIC FLOOR ACTIVATION

Teach yourself or another participant how to connect to the pelvic floor muscles. Use Pelvic Breathing or Adductor Ball Squeeze on pages 35 and 37 to demonstrate this skill.

- Was the correct exercise selected?  YES  NO
- Did you cue how to find and maintain neutral spine?  YES  NO
- Were there at least three verbal cues specific to engaging the pelvic floor?  YES  NO

### MODIFICATION FOR SUPINE ABDOMINAL CRUNCH

Teach yourself or another participant how to modify a Supine Abdominal Crunch. Use one of the modification options on pages 66 and 67 to demonstrate this skill.

- Was the correct modification selected?  YES  NO
- Did you properly set up the exercise and cue the action?  YES  NO
- Were there at least four verbal refinement cues?  YES  NO  
(At least two including breath and how to connect to the deep core)