

# T-Tapp Course

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**T-Tapp U**  
*Week 1: Introduction*  
The Wellness Workout That Works

**FOCUS FOR THE WEEK: KLT / T-Tapp Stance Alignment Less Is More**

**READINGS:**

- *Fit & Fabulous in 15 Minutes*, Chapter 3: Getting Ready to T- Tapp
- *"Aligned and Ready"* in *Health & Fitness Sports Magazine*
- *"Less is More"* in *Livingston Health & More*

**SEE IT:**

- Watch "Yes You Can" DVD from your own collection.

**SAY IT:**

- No PDF for this week

**FIX IT:**

The T-Tapp train-the-trainer course is sixteen weeks long. Each focused on one or two sequences of exercises that a T-Tapp trainer needs to know to be certified.

Another graduate student developed the actual content of each week. My responsibility was to take her content and put it into WebCT. The web pages used a single cascading style sheet to determine positioning of bulleted lists and fonts and I hand-coded the HTML myself.

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Homepage > Course Content > **Week 13: Torso Twist & Step Lift**

- [Step Lift](#) from Instructional 2
- [Step Lift](#) from Beginner Rehab
- [Step Lift](#) from T-Tapp to Tempo

**SAY IT:**

Here is the text for Torso Twist and Step Lift from T-Tapp to Tempo. [Click here](#) for a printable version of the text.

**FIX IT:**

Primary back stretch is the foundational move for the T-Tapp workout.

- **Form Error #1:** Dropping elbow/straightening supportive leg in Torso Twist
- **Form Error #2:** Allowing foot to point up in Step Lift
- **Form Error #3:** Allowing arm to cross in front of body

Here are a few Points of Perfection:

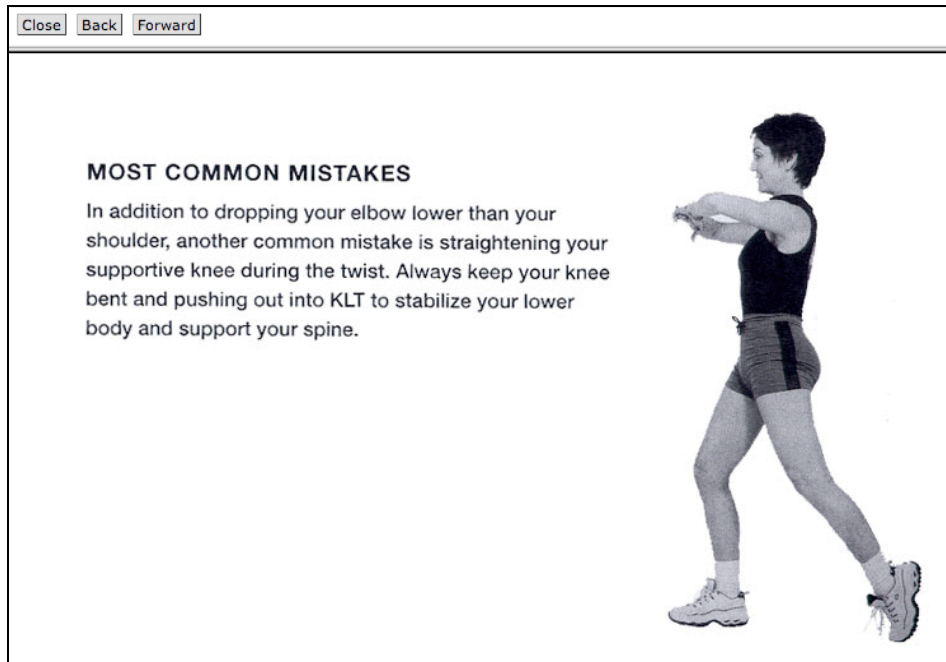
<p><b>Torso Twist</b></p> <ul style="list-style-type: none"><li>• Keep toes straight with feet hip width apart</li><li>• Lunge into the front leg with knee over and ankle and in KLT</li><li>• Keep shoulders back and down</li><li>• Lift ribs</li><li>• Make sure hands stay at clavicle height</li><li>• Don't turn head more than 45 degrees</li><li>• Tighten mid-section</li><li>• Exhale as knee comes across as far as possible</li><li>• Up and down movement with spine centered</li><li>• Control isometric contractions when twisting</li><li>• Hips squared to wall</li><li>• Rear foot deliberately set downheel then toe while keeping it parallel</li></ul>	<p><b>Step Lift</b></p> <ul style="list-style-type: none"><li>• Hand at hip, pressing thumb, engaging lats</li><li>• Tuck harder at peak of lift</li><li>• Standing leg bent deep, with tucked butt and KLT</li><li>• Reach wrist away for full engagement</li><li>• Press heel, pull up toes on lift</li><li>• Toe turned in on working leg</li></ul>
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**TELL IT LIKE IT IS:**

- Go to this week's discussion forum and offer two other TnT's a word of encouragement!
- Be sure to submit your personal workout record and reflection for this week using the assignment dropdown.

Each week followed a similar format.

- Introduction: Brief encouragement and information about upcoming weeks.
- Purpose: Explanation of exercise sequence and what it does.
- Muscles Engaged: Bulleted list of muscles used during exercise.
- Readings: List of Teresa Tapp's exercises.
- See it: Pictures of the exercise taken from Teresa's Tapp's book.



The pictures were taken from Teresa Tapp's Book \_\_\_\_\_. I scanned in each picture in Photoshop and adjusted the brightness and contrast as well as eliminated some gray color in the background that appeared during scanning.