



Franklin Method® Spine & Lower Back Trainer™

Franklin Method® + Dynamic Neurocognitive Imagery®

The spine is not fragile. It is a dynamic system of curves, discs, ligaments, facets, fascia and breath-driven coordination.

Smart Spine & Lumbar Fascia Trainer® is a comprehensive 7-day certification designed for movement professionals who want to teach spinal health with clarity, confidence and modern biomechanical precision.

Smart Spine & Lumbar Fascia Trainer®

is a 7-day Franklin Method® Certification designed for Pilates teachers, fitness professionals and movement educators who want to teach spine & lumbar mechanics with precision, elasticity and neurological clarity.

THIS CERTIFICATION INTEGRATES

- Franklin Method® embodied anatomy
- Dynamic Neurocognitive Imagery (DNI)®
- Disc hydration and load management
- Facet and ligament mechanics
- Coupled motion in three dimensions
- Thoracolumbar fascia integration
- Dynamic abdominal coordination
- Breathing mechanics
- Functional balls and bands programming

7-Day Professional Certification Course

Daily Course Structure*

Each training day includes:

- Embodied anatomy + Bone Rhythms®
- DNI® movement labs
- Professional cueing development
- Partner-based Teach-Back Lab
- End-of-day Movement Training with Balls & Bands
 - Fitness – Flexibility – Strength / Elasticity

*Daily structure might be adapted to the participant progress

Day 1 – Smart Spine Foundations

- Imagery
- Metaphor
- Spinal curves
- Vertebral modeling
- Full movement vocabulary
- Teach-Back Lab + Balls & Bands

Day 2 – Disc Health & Back Pain Science

- Disc hydration
- Expansion cues
- Load management
- Evidence-based back pain principles
- Teach-Back Lab + Balls & Bands.

Day 3 – Facet Mechanics in 3D

- Facet sliding in flexion
- Extension
- Lateral flexion
- Rotation
- Coupled motion integration
- Teach-Back Lab + Balls & Bands.

Module 1 of 4 to become an Advanced Trainer

Day 4 – Thoracolumbar Fascia

- Force transmission
- Hip-spine load transfer
- Fascia-based stability
- Teach-Back Lab + Balls & Bands.

Day 5 – Coupled Motion, Dynamic Abdominals & Breathing

- 3D spinal coordination,
- Deep abdominal integration
- Breath-driven support
- Teach-Back Lab + Balls & Bands.

Day 6 – Upper Cervical Integration

- AO/AA mechanics
- Whole-spine sequencing
- **Written Examination**
- Teach-Back Lab + Balls & Bands

Day 7 – Pilates Cueing & Professional Application

- Cueing the spine for Pilates
- **Movement Examination + Spine Health Workshop**
- Articulation vs stabilization
- Load management
- Final Teach-Back Lab
- Full Balls & Bands Integration.

This course is taught by
Eric Franklin and/or
Franklin Method® Master Teachers

