

Master Trainer includes Galileo training in her clients' fitness



Domini Anne

Master Trainer, dominianne.com

Training Product:

Galileo Platforms (3) and Dumbbell

Galileo Training Since: 2015

The Trainer

From her earliest memories, Domini has been fascinated by movement – velocity, force,

momentum... the full range of ways in which the human body can interact with the world around it. As a young girl, that fascination led to sewing clothes and



practicing ballet. When she was older, Domini moved from a brief career as a professional ballet dancer to a certified Pilates and Yoga teacher to a specialized **GYROTONIC®** Master Trainer.

"I am fascinated with the link between the breath, connective tissue and core strength," she says. "I am constantly

exploring different approaches to body movement, and find delight in integrating them for my clients."

It was only a matter of time before Domini and Galileo became aware of one another, and the two parties quickly bonded over a shared love of strength and motion. In 2016, Domini became a Galileo Master Trainer.

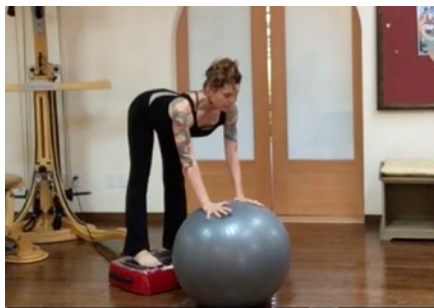
"The Galileo devices are unparalleled as far as building intelligent muscular strength and retraining muscle memory. In cases where strengthening is essential, but the body is so deconditioned that it cannot fire muscles correctly, Galileo training can bridge the gap – safely and elegantly – in ways that could never be replicated with traditional weight training," Domini says.

The Training

Using Galileo platforms and a Galileo Dumbbell, Domini provided in-person training sessions from her Carmel, California, movement studio – until the 2020 pandemic shuttered all such businesses. She quickly pivoted to online teaching and moved her studio into her home.

"It was really a win-win," she says. "I've always felt that the work I'm doing is best done in an intimate setting. Plus, during COVID, you don't want to have a lot of people in the same space."

Domini still has access to her former studio for teaching larger classes. But her home studio comfortably fits 8 to 10 people, augmented by outdoor training areas as needed, prompting her to conclude, "This is where I'm happy right now."



As for the training itself: "When I'm teaching someone, I don't see my purpose as just a personal trainer who's working someone out," she says. "My purpose is to help people gain a deeper understanding of their body."

Part of that understanding is learning to overcome the body's movement patterns. Domini explains that most people fall into a pattern of being



"The Galileo devices are unparalleled as far as building intelligent muscular strength and retraining muscle memory. It's changed my life and my clients' lives in ways I never imagined... you can unwind, stretch, become more flexible, build power, work on recovery, and relaxation."

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off-balance, perhaps with one hip back and one shoulder forward, resulting in the limbs being used differently and creating a range of limitations that favor one side over the other.

“But you lie someone on the Galileo platform and you let the ribs or the pelvis have an even stimulation, there’s input and movement put back into those areas and the limbs become much more free,” Domini says. “By teaching movement patterns there, you can reestablish a healthier range of motion on both sides.”

Domini appreciates how Galileo delivers powerful results with short, simple training sessions. By placing her client in a position that drives contractions to the area being focused on, then determining the ideal frequency and position on the platform, she leads a series of range-of-motion exercises and, ultimately, integrates them into whole body movement.

“Because muscle contractions drive muscle memory, the body remembers the increased ability to engage a those ranges of motion and integrates them into its regular movement patterns,” she says. “Galileo’s high-repetition, involuntary muscle stimulation does the work for you and changes movement patterns, guided by imagery and specific training environments built by the trainer.”

Safe, proven and accessible by everyone from children to seniors, Galileo platform training quickly feels familiar – even for those who have never used a device to assist with training. The reason, Domini believes, is that Galileo is side-alternating; that is, the muscular contractions feel like walking, which is safe, instinctive and natural to all human bodies.

The contractions are produced by Galileo’s vibration technology, and the platform clearly displays the vibration frequency (the number of muscle contractions generated per second by the device). There are three frequency ranges within which to train: Balance/Mobility (5-12 contractions/second), Flexibility (12-20 contractions/second), and Power/Force (20-40 contractions/second). Domini

works closely with each client to determine the ideal training range based on his/her individual goal, and creates a custom environment based on that range, along with plate texture and load.

“The ability to calibrate frequencies to a desired amount of brain or spinal cord activity is key,” Domini says. “Galileo allows me to choose a specific frequency to start with and modify it at will, which sets it apart from all other devices on the market. I can’t imagine trying to do what I do with a client with neuromuscular degeneration and being forced to guess the starting frequency, or having to ramp up from 5 to 30 Hz while my client is standing on the plate.”

Another reason why Galileo training is a safe option for building muscle strength? It’s simple physics: Galileo applies an external force (mechanical vibration of the muscle spindle, activating the stretch reflex) that drives involuntary muscle contractions. The result is an increase on both muscle tissue and muscle memory.

“In many cases, the exercise prescription given to people in physical decline is ‘strength training with the goal of building muscle.’ But those people are often so deconditioned, they’re not able to put their muscle fibers under the kind of stress required to build muscle tissue. With the Galileo platform, they can achieve the results of regular strength training without the stress it places on the body,” Domini says.

“To have a tool to build strength at any level of physical condition, no matter how weak, is a game-changer.”

In addition to providing personal training, Domini allows long-term clients who have shown proficiency with the Galileo platforms to rent the units without her supervision when they are in need of a quick 20- or 30-minute session.

Clients looking to purchase a Galileo platform for themselves sometimes ask Domini if there are less expensive alternatives she would recommend.

“I always tell them the price is higher for a reason: Galileo is worth it,” she says. “What you’re paying for is a 65-pound steel motor with a driving arm on each side that’s delivering muscle contraction

impulses into your body at frequencies you can control, and in between there’s a perfectly-balanced computer that delivers even bilateral stimulation. You’re not going to get that with cheaper units and their single driving arms.”

The Galileo Mano Dumbbell has also proven itself an essential tool in Domini’s studio, allowing her clients to add strength and tone to the upper body while the platform assists the lower. Unlike traditional dumbbell training, in which the “load” is related to body weight, the Mano Dumbbell’s load is related to grip strength, which drives muscle contractions through the engaged muscle chain much more than through the bone-stacking inherent in body weight exercise.



Client Gains

Domini says her clients describe the Galileo platform workout as a “massive relief” and a “delightful experience,” as scar tissue is worked away and fascia begins to relax. The regimen has even earned the nickname: “The Ultimate Hack.” But she’s quick to point out that it’s still very much a workout.

“You do that for an hour, and you’re going to feel worked out. Your body is going to look more fit, and your muscles more toned.”

Domini’s clients also appreciate the unforgiving nature of the Galileo workout, which greatly reduces the chances of training incorrectly.

“You get used to cheating. You train your body to just gloss over the places where it’s beat. But the Galileo is firing 100 percent of the muscles, so you’re not going to wind up training incorrectly and it helps you to strengthen the errors where you’re weak.”

While there is no question that Galileo training strengthens the body, Domini believes it does something even more important: it strengthens the body-mind connection. And there's solid science to support that belief:

When a body part comes in contact with the Galileo platform, muscular activation through the chain that is loaded jumps to 95%. Even if the brain can't turn on these individual muscles, the neuromuscular connection is activated and muscle memory is being created, in addition to the involuntary contractions that are driving new tissue to be built.

"So when someone gets up off the Galileo platform and says, 'I feel so much more alive! My legs are light, I can feel my feet on the floor and I barely have any back pain,' I know it's because the Galileo has done the work for them: activating muscles, reestablishing neuromuscular connections, driving circulation, all the things we know it can do," Domini says. "The only remaining task is to strengthen the connection between their brain and their body. Without the assistance of the Galileo platform, their brain has to do all of the work on its own, which is always possible, it just takes more training and some specific mind-body exercises to bridge the gap."

"When I get you on the Galileo, the even bilateral stimulation issues that were stored in the tissues are taken out just like your cleaning lady is taking out the trash," she says. "It's not like when

you get a massage and it feels different for awhile but you go back to your old patterns. When you get up from the Galileo, you're actually transformed – and you keep it."

Since incorporating Galileo training into her practice, Domini has witnessed "near miraculous results" with her clients, as the technology has opened possibilities far beyond what she could have foreseen. "They walk out, and they're changed, and they don't even remember that they had problems in the first place."

"One of my students said, 'I feel like a toddler again!' and she was talking about learning how to walk with her 'new' legs and feet," she says. "Another client – an avid golfer whose femur was out of place – I worked on for 2 ½ hours. Afterward, she gave me this look of wonder and surprise and said, 'I feel no pain.'"

Many of Domini's clients are seniors who are regaining movement where they haven't experienced it in years. "They're moving like they're decades younger, and it happens in a matter of hours. And it's something that I think is only attainable with the Galileo."

Domini credits the platform's side-alternating vibration technology: "It supports a symmetrical rotational movement when you lie down over the plate," Domini says. "Unless you're 100% ambidextrous, you move your body differently on each side, so by giving it an environment where that

movement is equal, you change how it is relating to the world around it. Whether your goal is breaking up scar tissue, reworking fascial lines, reconnecting a dormant toe to the leg, stimulating the pelvic floor or activating all three muscles of the hamstring equally, the Galileo is going to make your job easier."

Making the trainer's job easier comes naturally to the Galileo platform, which allows the client to be positioned so that the correct part of the dormant muscle system is stimulated. And Galileo is the only tool that works through the central nervous system to provide a sensory component, causing the user to feel muscle activation. When the user connects with the targeted area through that experience, the trainer can fine-tune the results by adjusting the frequency, adding textures and developing homework exercises to maintain the results achieved through Galileo training.

Domini views Galileo training for her clients as the end-all and be-all of strength training. "At the end range you have a device that can teach your muscles how to contract at any range. We've overvalued flexibility from a certain perspective, and in other perspectives of training, we have overvalued brute force. Neither one of them is actually helpful for building an agile body. I want my clients to attain a body that can be strong in any position, a nimble body."

Business Gains

Domini's quick pivot to her home studio and online teaching in the early days of the pandemic helped her find success, but those weren't the only tweaks and adjustments she was forced to make. "We all thought it was going to be over in six weeks, so I just made all my classes free," she says. "As it became clear the quarantines were going to be longer, I charged what I thought was appropriate. I kept my prices pretty high because of my years of training and just to set myself apart. And that, I think, worked."

With pre-recorded videos covering the basics for her new global clientele, Domini focused on promoting her 6-day Galileo Fundamentals and 3-day Galileo Basics courses designed primarily for movement studio teachers like herself.



"I was exhausted by trainings that focused on executing a client's movements versus how the client is feeling. So I structured Galileo Fundamentals differently," she says.

"The first day, we go deep. We explore frequency, texture, how you experience balance, how you internally organize. The next two days, we go through the exercises. And the second three days we're putting together a series of different baselines so we can test each other not just for physical assessment but also emotional assessment. How do you feel before and after? How is it focused while you're doing this? And we're designing workouts based on where we see the least amount of strength, and we're retesting on the last day."

The goal of Domini's unusual approach? "To turn out a crop of teachers who are really able to bring their students to the next level as quickly and as joyfully as possible."

Domini appreciates the fact that trainers need no certification to begin using the Galileo platform. "There's very little barrier to entry as far as allowing someone to begin experimenting with it – hopefully on themselves first, and then their clients. And then they can take some of the classes as they need them, and just teach what they understand. So Galileo is not as rigidly protected as a full movement system."

Not surprisingly, Domini says her Galileo gear has been very good for business. "I'm packed, and I have a waiting list. It absolutely increased my business."

Since incorporating Galileo training into her practice, Domini has experienced an increase in word-of-mouth traffic that has allowed her to nearly double her rates over three years, and has generated such demand that she has hired three additional trainers. Her Galileo workshops and training courses are consistently filled, and have become an additional income stream as she strategically grows her business.

"My Galileo workshops are designed to enhance understanding of how to apply



the side-alternating vibration, as accurately as possible, through a combination of positioning, frequency and added textures," Domini explains. "My training students are taught to use props and learn hands-on cueing to guide the body into alignment, whether it is at rest or in full activation. From there, they are empowered to take what they learned in the workshop and combine it with the knowledge they already have to increase the effectiveness of their training in every approach they use, enhancing mind-body connection, circulation, mobility and muscular activation whenever they incorporate Galileo technology into a training regime."

She periodically holds a very popular workshop, open to anybody, called the Galileo Unwinding. It's three hours and Domini can accommodate up to six people with her three Galileo platforms. When one person is on the Galileo doing awareness exercises and unwinding, the other person is in a restorative yoga position utilizing the yoga trapeze.

Needless to say, adding Galileo training to her practice has helped Domini's business explode. How did it help her enhance and expand her position in the marketplace?

"The thing that sets Galileo training apart from other movement methodologies

such as the Gyrotonic method, Pilates or yoga is that we are not about teaching a set of exercises indigenous to the Galileo plates," she says. "Galileo technology can be combined with any other type of training and used to enhance the goals of that particular approach, be it traditional weightlifting, yoga, Pilates or any other movement form you use to help your clients get in touch with their bodies."

Domini describes Galileo training as "essentially a neutral force that fires muscles from the outside in, that can be calibrated perfectly to help you achieve your training goals."

"I have the best job in the world," she says. "I get to sit with people all day and talk about their bodies and help them feel better."

Personal Gains

Domini's dramatic professional growth is matched only by the personal growth she has enjoyed as a result of incorporating the Galileo platform into her training regimen.

"I am just so much stronger and more capable," she says. "I'm a trained dancer, and there's a value placed on putting your leg high – no matter how you achieve that – even more than alignment. The Galileo supports alignment no matter what. It helps me strengthen where I was weak and find a healthier alignment everywhere. The chronic lower back, leg and foot pain I experienced in the past is gone. That's really invaluable."

"There is no greater joy than to be able to provide this experience for people, and to teach people who care how to do it for others," Domini says. "I am so grateful to have Galileo technology in my life, both for what it does for me and my family, and how it cultivates freedom and joy for all those who step on the platform and press 'start.' Galileo training enhances the mind-body connection in a way the mind alone cannot and, in many ways, that's like a miracle."