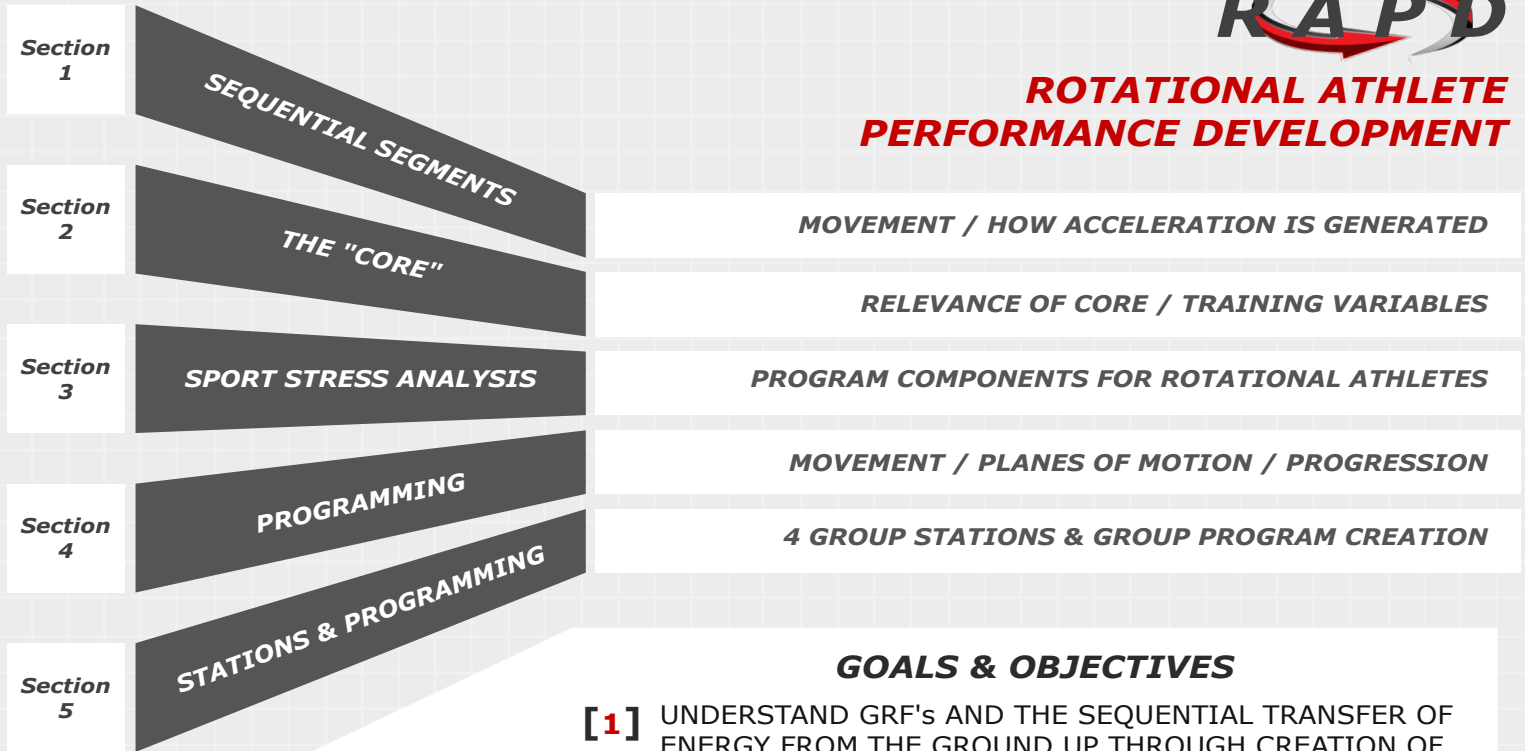




ROTATIONAL ATHLETE PERFORMANCE DEVELOPMENT



GOALS & OBJECTIVES

[1] UNDERSTAND GRF's AND THE SEQUENTIAL TRANSFER OF ENERGY FROM THE GROUND UP THROUGH CREATION OF SEPARATION BETWEEN THE LOWER & UPPER BODY

[2] IDENTIFY WHERE/WHEN STRESS IS ENCOUNTERED AND PREPARE THE ATHLETE TO EFFECTIVELY & EFFICIENTLY COPE WITH THE PHYSICAL STRESS ASSOCIATED WITH THEIR SPORT

[3] RECOGNITION OF THE CORE AS ANOTHER LINK WITHIN THE KINETIC CHAIN

[4] BE ABLE TO DESIGN AND IMPLEMENT A CORE & STRENGTH TRAINING PROGRAM TO HELP MINIMIZE PHYSICAL STRESS AND STRENGTHEN COMMON MOVEMENT PATTERNS

- Perfect for Athletic Trainers, Personal Trainers, Strength Coaches, Team Coaches, or any other professionals working with rotational athletes
- Time will be split between presentation as a whole group and on the gym floor, split up into small interactive groups
- Perfect for professionals working with athletes in sports such as baseball, softball, lacrosse, golf, tennis, or any other sport with high rotational requirements

National Strength and Conditioning Association (NSCA) approved 0.5 CEU(s) in category A for certified individuals attending this event.



Fischer Institute is recognized by the National Academy of Sports Medicine as an Approved Continuing Education Provider. Approved for 0.5 NASM CEUs.



AUGUST 18, 2018 | 9:00-2:30 | @ FISCHER INSTITUTE | \$150
MORE INFO AT FISCHERINSTITUTE.COM OR PMR-PERFORMANCE.COM



Partnered with

