

Power In Motion: Balanced Movement for Exercise and Life

Advanced workshops to evaluate muscle recruitment patterns and improve trainer effectiveness in resistance exercise programming to impact daily activities, injury prevention, and exercise performance.

Upper Extremity (UE) Part 1&2

Lower Extremity (LE) Part 1&2

Presented by:

Ross Query, PhD., PT

June 26 & 27, 2010

Memorial Hermann Wellness Center

Professional Fitness Instructor Training has secured an unexpected but excellent opportunity for selected trainers to attend two special lecture and hands-on interactive workshops.

Workshop Objectives	Trainers Benefits (personal and client)
<ul style="list-style-type: none"> • Learn to evaluate upper extremity movement and limitations including muscle length, neuromuscular activation, strength balance, and coordination. 	<ul style="list-style-type: none"> • Movement patterns allow trainers to understand how a clients individual traits impact their daily movement and exercise techniques.
<ul style="list-style-type: none"> • Identify movement pattern faults. 	<ul style="list-style-type: none"> • Allow trainers to design resistance exercise programs that will most impact client goals.
<ul style="list-style-type: none"> • Understand the impact of movement patterns on prevention of overuse, repetitive stress, biomechanical injuries. 	<ul style="list-style-type: none"> • Injuries with resistance exercise are often associated with faulty movement patterns with alter proper biomechanics. Trainers will learn how to prevent and correct these potential problems.
<ul style="list-style-type: none"> • Apply adaptive movement principles to current resistance training programs. 	<ul style="list-style-type: none"> • Trainers will have new advanced knowledge to use in designing creative, innovative and unique exercise programs for your clients. Increase client satisfaction.
<ul style="list-style-type: none"> • Attendees will have increased awareness of their own movement patterns and tendencies. 	<ul style="list-style-type: none"> • Improve your own training programs and integration of new exercise ideas for problem correction injury prevention and continued progress.

Saturday, June 26, 2010

Lectures – UE-Part 1 & LE Part 1

Upper Extremity-Part 1 8:00 am - 12:00 pm Lower Extremity-Part 1 1:00 pm – 5:00 pm

Biomechanics, common resistance training problems with solutions, impact of movement faults on daily activity & exercise, explanations & interpretation of movement tests, and improving individual client exercise programs.

Sunday, June 27, 2006

Hands On Lab – UE-Part 2 & LE Part 2

Upper Extremity-Part 2 8:00 am – 12:00 pm Lower Extremity-Part 2 1:00 pm – 5:00 pm

Hands on instructive lab/exercise time. Demonstration and hands on practice of movement tests, performing tests and evaluating results, and exercises to optimize and improve strength, stability and control programs.

Upper Extremity(UE) (8 CEC) - \$179.00 -or- Lower Extremity(LE) (8 CEC's) - \$179.00
Upper and Lower Extremity - \$349.00

Due to the advanced, hands-on format of this presentation, each section (UE and LE) enrollment is strictly limited to the first 36 trainers to register.

**To register, www.pfit.org
-or- call (281) 344-9910**