

## **Functional Training Seminar**

This Seminar covers the following key points for correct functional training.

- Why assessing function first is vital
- Correct use of exercise progressions
- Proper use of core stabilizers
- Force couple relationships (Refers to groups of muscle groups working together)
- Correct breathing patterns
- Neutral spine (A neutral Lumbar spine must be maintained at all times when under load)
- Movement and joint symmetry
- Correct use of movement patterns.

The seminar can be performed with or without a gymnasium. A large component of the seminar is practical with skills that can be taken away and immediately applied. A handout is provided.

Call Robert Collier now to book a time for this seminar.

**027-223-5039**