

Scientific Abdominal Training

Some of the key points of this seminar are:

- Why it is important to have healthy abdominals
- The function of each of the abdominals
- Assessing abdominal function
- The correct order to train the abdominals
- How to breathe correctly when training the abdominals
- Practical demonstration of how to train the abdominals correctly

This seminar is a combination of background theory and practical demonstration of how to train the abdominals correctly.

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

027-223-5039