



YOUR LIMITING FACTOR

UNDERSTANDING FUNCTIONAL FASCIA

This hands-on course will allow you to take your knowledge of Trigger Point Performance to the next level by implementing Myofascial Compression Techniques into your daily routine. Our experts will define and work through six major areas of the body that we feel are key players in the human biomechanical chain (known as the 'Ultimate 6').

WHAT YOU'LL LEARN:

- Identify six key areas that influence biomechanics the most
- Demonstrate Myofascial Compression Techniques (MCT) with clientele
- Build upon the Ultimate 6 foundation to target other specific areas, resulting in even greater efficiency of movement
- Enhance elasticity within the muscle, thus improving overall biomechanics
- Recognize improvements in tissue pliability and response through balance, range of motion, and posture tests

OF CECS: ACE - .4 CECs, NASM - .4 CEUs, ISSA - 4 CEUs, ACSM - .4 (accepts ACE CECs)