

力先止

STRENGTH

SENSES



“Every pathway from the brain
leads eventually to a muscle.”

– Charles Sherrington

POSTUREPRO'S SPORTS PERFORMANCE PROGRAM

DAY 1

9:30am - 5pm

COURSE OUTLINE

- 1) Introduction to the Posturepro Advantage
- 2) The development of motor control
- 3) Screening and addressing faulty movement patterns
- 4) The polyvagal theory
- 5) The brain-body connection
- 6) Corrective techniques to attain optimal functional stabilization
- 7) Corrective exercises to restore physiological movement patterns
- 8) Posture and hormone production
- 9) Mastering the Posturepro Advantage

DAY 2

9:30am - 5pm

COURSE OUTLINE

- 1) The main neurological pathways for movement, and activation patterns of neural mechanisms
- 2) Learn how to pin-point exact areas of postural weakness and instantly improve them
- 3) Testing of the primary motor patterns.
- 4) How to integrate corrective protocols into your program design to maximize results
- 5) How alignment can impact cardiorespiratory function
- 6) How to avoid musculoskeletal injuries and movement dysfunctions
- 7) How to instantly increase your shoulder flexion, mobility, your squat, your bench press, your chin-ups, etc.





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