



# ComplexCore<sup>+</sup>

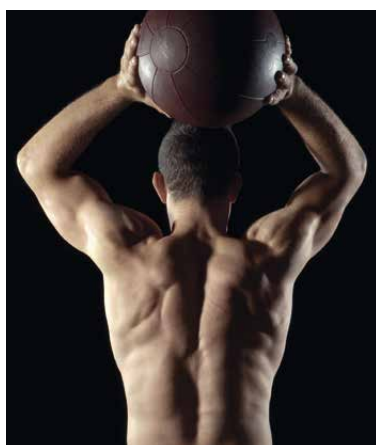
STABILISATION BY ACTIVITY

## ComplexCore<sup>+</sup> WORKSHOP IN FINLAND

# „LEVEL 2/3“

### DEAR COLLEAGUES,

we would like to inform you about our next **ComplexCore<sup>+</sup> „LEVEL 2/3“ education** on 23rd of September 2018 in Finland. The seminar contains level 2 and 3 of the three-step ComplexCore<sup>+</sup> education.



### COMPLEXCORE<sup>+</sup> CONCEPT

ComplexCore<sup>+</sup> helps you plan training and therapy sessions by assisting you in viewing and selecting exercises. In addition, ComplexCore<sup>+</sup> offers theoretical and practical content. The theoretical section contains basic information on functional anatomy, detailed content about training examples and sport science principles such as screening and motor skills testing. The practical section provides an insight to a system with more than 3000 various exercises.



### WORKSHOP FACTS

#### SPEAKER:

Roman Jahoda  
ComplexCore<sup>+</sup> Education Team

#### WHEN:

Sunday, 23rd of September 2018  
09.00 a.m. – 04.00 p.m.

#### WHERE:

Kuninkaanhaan koulu  
Kuninkaanhaanaukio 8  
28130 Pori



#### COSTS:

€ 150,00 / students € 75,00

#### SPECIAL OFFER Level 1, 2 & 3:

€ 250,00 / students € 125,00



### WORKSHOP CONTENT „LEVEL 2/3“ UPPER AND LOWER LIMB

#### THEORY:

- ✚ functional anatomy (upper and lower limbs)
- ✚ training examples

#### PRAXIS:

- ✚ mobilisation
- ✚ stabilisation
- ✚ training examples

### REGISTRATION

by e-mail: Ilkka Santahuhta,  
info@isc.fi, 0400 737593, www.isc.fi  
**notice:** limited attendance!  
**enrollment till: 10th of September 2018**

### QUESTIONS

Ilkka Santahuhta, info@isc.fi  
See you soon!  
Your ComplexCore<sup>+</sup> Team

### Roman Jahoda

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