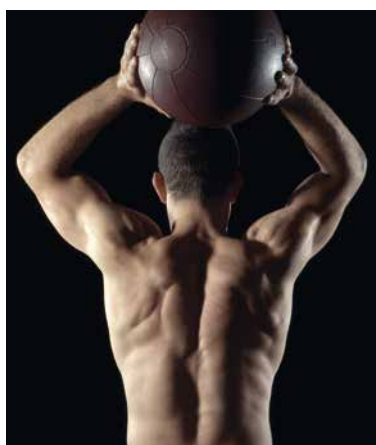


## ComplexCore<sup>+</sup> WORKSHOP IN FINLAND

# „LEVEL 1“

### DEAR COLLEAGUES,

we would like to inform you about our next **ComplexCore<sup>+</sup> „LEVEL 1“ education** on 6th of April 2019 in Finland. The seminar contains level 1 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:

Saturday, 6th of April 2019  
09.00 a.m. – 04.00 p.m.

#### WHERE:

Eerikinkatu 4, 20100 Turku

#### COSTS:

€ 180,00 / students € 90,00

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

€ 300,00 / students € 150,00



### WORKSHOP CONTENT „LEVEL 1“ CORE

#### THEORY:

- ✚ functional anatomy
- ✚ muscle systems
- ✚ ComplexCore<sup>+</sup> software

#### THEORY AND PRACTICE:

- ✚ core mobilisation
- ✚ core stabilisation
- ✚ practical exercises
- ✚ training examples

### REGISTRATION

**by e-mail:** Fysic, Mr. Ismo Uusi-Uola  
info@fysic.fi, www.fysic.fi

**notice:** limited attendance!

**enrollment till:** 30th of March 2019

### QUESTIONS

Mr. Ismo Uusi-Uola, info@fysic.fi

See you soon!

Your ComplexCore<sup>+</sup> Team

### Roman Jahoda

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