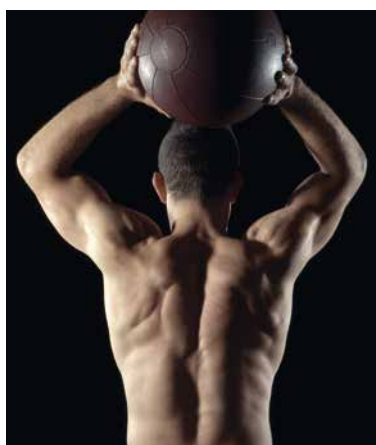


COMPLEXCORE⁺ WORKSHOP IN FINLAND

„LEVEL 1“

DEAR COLLEAGUES,

we would like to inform you about our next **ComplexCore⁺ „LEVEL 1“ education** on 2nd of November 2019 in Finland. The seminar contains level 1 of the three-step ComplexCore⁺ education.



COMPLEXCORE⁺ CONCEPT

ComplexCore⁺ helps you plan training and therapy sessions by assisting you in viewing and selecting exercises. In addition, ComplexCore⁺ 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⁺ Education Team

WHEN:

Saturday, 2nd of November 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⁺ 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: 22nd of November 2019

QUESTIONS

Mr. Ismo Uusi-Uola, info@fysic.fi
See you soon!
Your ComplexCore⁺ Team

Roman Jahoda

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