

THE ALEXANDER METHOD of SMR

One day SMR Clinic - CrossFit GSX

This single day clinic details the **FUNDAMENTALS** of the **Alexander Method of SMR**. Learn strategies and techniques for addressing soft-tissue restrictions like trigger points and adhesions. By using various tools such as balls, rollers, and blocks you will learn the best protocol through Self-Myofascial Release (SMR) a process likened to self massage as well as functional stretches and assessment movements.

This material is intended for sports trainers, physical therapists, chiropractors, medical professionals, CrossFit coaches, and **all athletes**. You will learn Self Myofascial Release (SMR) techniques for yourself as well as for your patients or athletes.

This particular 8-hour course covers the **3 PRIMARY** regions (the most influential regions in the body that affect functional movement) as well as the **16 SECONDARY** regions you **must** address to maintain functional movement.

Learn self-care **recovery techniques** to maintain full range of motion and functional performance in athletic and daily activities. Release excess muscular tension, break up scar tissue and adhesions, and release trigger points to restore proper biomechanics.

Proper programming of these techniques is essential. You'll learn which areas are your first, next, then last steps to regaining (and maintaining) proper range of motion.

The majority of the clinic focuses not only **WHAT** to do and **HOW** to do it, but also **WHEN** to choose one SMR exercise over another. How to program SMR into your training is a big part of this particular clinic. You will walk away with a better understanding of how to recognize if you need more roller or ball work, more rest between SMR sessions, or if its time to enlist the aid of a professional.



REGISTRATION OPTIONS

\$145.00 registration includes download of the 85-page manual & 1 SMR ball

\$165.00 registration includes download & printed copy of the 85-page manual & 1 SMR ball

\$195.00 registration includes download & printed copy of the 85-page manual, 1 SMR ball, and a compact Rumble Roller (your choice of **blue** or **black**)



WHEN

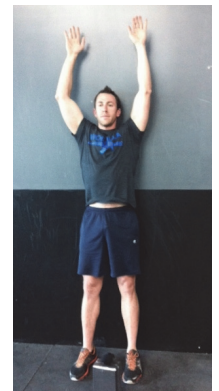
Saturday July 28th 8am-4pm
(pack a lunch)

WHERE

GSX CrossFit
5220 West Vickery Blvd
Fort Worth, TX 76107

REGISTER ONLINE AT

workshops.networkfitness.com/7-28-2012
or call 949-375-3141



We are also available on **FACEBOOK**.
Type **SMR** and look for the 'evil eyes'.

Post your questions and get personalized advice.