

A Functional Approach to Weight Strength Training and Rehab

Accredited for 14 CEC by the C.M.T. of B.C.

Where: Bound For Health

Phone: 604-831-1552 or 604-476-9275

E-mail: boundforhealth@yahoo.ca

Course outline:

This is NOT a classroom course. We will revisit postural assessment, warm-up exercises, functional upper body strength training, functional lower body strength training, push routine, pull routine, how to put it all together and progression thereof.

Please bring workout clothes. Lunch will be provided.

Cost: \$310.00 + \$15.00 G.S.T. = \$325.00 Manual included

Deposit: \$50.00

**Balance due one week before course start date*

Name: _____

Address: _____

Phone: _____

E-mail: _____

****Please make cheques payable to Daniel Kram**