

This approach has been developed over the past seventeen years applying postural strengthening and power lifting techniques. These programs can be used for rehab, personal training, strength training and cross training . The participants will learn how to teach the programs to their clients, correct technique and adjust exercises to the client's abilities. The participants will perform, observe and practice correcting exercise techniques. This is a practical course, not a theory and classroom course. There will be an emphasis on safety and proper progression of the programs. The course manual includes pictures and descriptions of all the exercises, real examples of programs, how to begin and progress clients through twelve weeks of training. There will only be ten participants per course. This will ensure proper instruction and give each participant plenty of opportunity to observe, participate and learn how to instruct and correct techniques.

“ I started visiting Daniel on the recommendation of a strength coach. Initially I went for massage therapy but became intrigued by his approach to strength training. In March I began a functional training program. Since then I have experienced tremendous strength increase. I have been training for 8-9 years, using a variety of approaches, but never one this effective.” Stu McGregor

“I have had the pleasure of referring clients to Dan for over 5 years. Many had been attended or were attending treatment through standard medical modalities but were experiencing limited or insufficient functional improvements to enable them to return to work. On numerous occasions, these same clients reported immediate relief following their first visit and were emphatic about continuing the program. For the first time since they have been off work, my clients are talking about when they will be returning to their duties. “

Respectfully yours, Rick Byers, Rehabilitation Consultant..

Daniel Kram has been an RMT since 1995. He has over 30 years weight training experience including 17 years as a competitive power lifter, coaching, competing and refereeing at the provincial, national and international level. Received a Diploma in Rehabilitation Management, S.F.U April 2006. In 2014 I became an affiliate Instructor with Killing it With Kettlebells. In 2015 I also developed a dry land program for Gold In The Net Goalie School. In 2016 I became a Level 2 Certified Original Strength Coach.

The course demonstrates a safe and effective way to introduce clients to weight training and for rehab . Please e mail with any questions, [boundforhealth@yahoo.ca](mailto:boundforhealth@yahoo.ca).

Respectfully,

Daniel Kram

A Functional Approach to Weight Strength Training and Rehab

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

Dates: Saturday June 10 and Sunday June 11, 2017

Times: Saturday 9am - 5pm  
Sunday 9am - 5pm

Where: **13630 228B St.**  
**Maple Ridge, BC**  
**V4R0B4**  
Phone: 604-831-1552 or 604-476-9275  
E-mail: [boundforhealth@yahoo.ca](mailto: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 IS INCLUDED BOTH DAYS!**

Cost: \$342.86 + \$17.14 G.S.T. = \$360.00      Manual included  
Deposit: \$50.00 Cheque, cash or email transfer  
*\*Balance due one week before course start date*

**\*\*Please make cheques payable to Daniel Kram**  
**13630 228B St.**  
**Maple Ridge, BC**  
**V4R0B4**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_