

MOVEMENTU

★ prepare to perform ★

Upcoming classes:

RUNNING // Movement Efficiency + Injury Resistance + Performance
March 27th / 12pm to 5pm / LIFTraining Athletic + Fitness Club, Madison, WI

SWIM/BIKE/RUN // Movement Efficiency + Injury Resistance + Performance
March 28th / 8am to 5pm / LIFTraining Athletic + Fitness Club, Madison, WI

UNDERSTAND YOU LIKE YOU NEVER HAVE BEFORE.

If you are interested in being injury resistant, efficient and powerful in your swim/bike/run efforts, this workshop is for you. Designed and lead by professional triathlete and movement specialist, Jessi Stensland, the focus of the experience is to enhance the understanding of the most overlooked, yet most important thing you bring to your sport: **YOU**.

By getting to know your body and what it requires to perform to its potential the better you'll understand how to...

- ★ **CREATE AND MAINTAIN INJURY RESISTANCE**
- ★ **MOVE ENERGY EFFICIENTLY**
- ★ **PERFORM POWERFULLY**



The experience will include a morning session that kicks off with a dynamic, functional workout followed by a discussion on the roles and relationships of the following fundamental elements of athletic performance: nutrition, joint mobility, flexibility, stability, strength, elasticity, cardio capacity and regeneration/recovery. Solutions on how to integrate them consistently into your training program will also be discussed. From there participants will be walked through proper running form and function in relation to what was learned in the early part of the class. For the full day workshop, the discussion will continue in the afternoon for swimming, cycling and recovery techniques. Homemade, organic post-workout snack and lunch served on Sunday. Learn:

- ★ **PROPER BODY MECHANICS NECESSARY FOR MOVEMENT EFFICIENCY**
- ★ **COMMON SPORT-SPECIFIC BIOMECHANICAL LIMITATIONS**
- ★ **FUNCTIONAL AND CORRECTIVE EXERCISES**



COST // \$99* for RUNNING \$199* for SWIM/BIKE/RUN
FOR MORE INFORMATION AND TO REGISTER VISIT

www.MOVEMENTU.com

***EARLY BIRDS...REGISTER BY Feb 28th + SAVE \$20!!**

