

Our Services

Workshops

BULLETPROOF SHOULDERS VIDEO GUIDE

2 hour video workshop with exercises and videos.

We will cover: common shoulder injuries seen in crossfit, along with common tight musculature and how to assess for it (lats, pecs, etc). We will cover ways to improve shoulder range of motion with common crossfit movements (OHS, kipping pull ups, etc). We will also cover ways to assess shoulder strength and pick out areas of weakness in the shoulder and how to address those.



CHECK BACK FOR NEXT WORKSHOP DATES!

Virtual Bulletproof Runner: Run Injury Risk Assessment and Performance Test Workshop



WHO: Runners and wanna be runners who want to run better and reduce risk of injury.

WHAT WE'LL DO:

- Perform run tests to check strength & mobility
- Identify weaknesses to work on to reduce your risk of injury or having pain
- Learn KEY exercises every runner should be doing

WHEN: Sunday, May 3 from 1 PM - 2PM

In this workshop:

- 1) You'll have a Run expert assess your capacity to withstand the high impact loads that are generated during running
- 2) Learn the 5 KEY exercises every runner should be doing!
- 3) Check your posture, alignment, mobility, strength and core stability necessary to run well, efficiently and for longevity
- 4) Learn how our patients and clients continue to run half marathon and full marathon distances even when they're 65+ years old, even one that's 80 years old !

Cost: \$25

Virtual Core & Pelvic Floor Reboot Camp: Diastasis Fix

In this 60 minute workshop, You will:

- 1) Learn how to check yourself for a diastasis recti aka ab separation
- 2) Learn exercises and tips that you can work on at home to help heal or "fix" your diastasis recti.

Since your registration reserves a spot in the class, we are unable to offer refunds if you need to miss the live workshop. However, the workshop will be recorded so if you miss the class, a recording will be sent upon request.

Cost: \$50