

## **The Biomechanics of Personal Training**

The Biomechanics of Personal training workshop is a detailed hands-on workshop that helps Personal trainers understand the following:

- Spinal postures, Injuries, Breathing techniques
- Explanation of your body mechanics, faulty recruitment of muscles, prediction of future injuries based on faulty mechanics
- Modification of exercises based on common past injuries

And much more detailed content!

Connect with us at [info.dpinto@gmail.com](mailto:info.dpinto@gmail.com) OR [getgutgoing@gmail.com](mailto:getgutgoing@gmail.com) for Course Content, Registration and Course Dates.

PLEASE NOTE: Sports Enthusiasts, Recreational Athletes and Professional Athletes are also allowed to attend this course to update their knowledge of Biomechanics. Much is simplified for people who do not have an Anatomy background!