



# MOVEMENT-BASED EXERCISE WORKSHOP

Based on recent understandings about the fascial system, exercise should be considered as a series of integrated movement patterns as opposed to isolated muscle actions. That research has inspired us to create this new 1-day workshop, meant to replace our Functional Training & Assessment Workshop. You'll develop an understanding of integrated anatomy and learn coaching techniques for movement-based exercise that can help your clients reach their goals. You'll also review how to design programs using the ACE Integrated Fitness Training® model.

## **YOU WILL LEARN:**

- How fascial structures function as integrated systems to accelerate, stabilize and decelerate movement
- Postural assessments to identify compensations in all three planes of motion
- Relationship between mobility and stability along the kinetic chain
- Proper progressions for integrated movement patterns
- Develop movement-based exercise programs based on the ACE IFT® model

**CLASS SIZE IS LIMITED! REGISTER TODAY AT [ACEFITNESS.ORG/MBE](https://www.acefitness.org/mbw)**

**NEXT WORKSHOP:**