



elevation
CORPORATE HEALTH

- **WHAT: 6-Hour Workshop**
- **WHEN: Saturday, October 3rd from 9:00 AM-3:30 PM**
- **WHERE: CrossFit Profectus, Broomfield, Colorado**
- **COST: \$215** (Includes CECs, a fun day to spend with other fitness professionals, learning from the best in the business and lunch)
- **REGISTER: Contact Sara Baker at S.Baker@contactelevation.com**

3 x 2-Hour Workshops:

- **Bridging the Gap Between Physical Therapists and Personal Trainers, Lori Duncan, DPT**
www.duncansportspt.com

In this workshop you will learn how to safely transition your client from rehab back to their fitness goals. Lori will present case studies on a variety of personal training clients as well as talk about injury prevention.



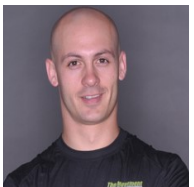
- **BOSU 101 Workshop with Shannon Fable**
www.shannonfable.com



How many ways can you BOSU? We promise 101 exercises before you walk out the door, and double that when you use the BOSU® B3 System to make even the simplest drill into a challenge. Not only will you master a wide variety of BOSU® exercises for cardio, integrated strength, core and flexibility, but you'll see how easily these ideas can turn into 15, 30 and 45 minute classes that can be refreshed, rearranged or restructured for an unlimited number of BOSU® workouts suitable for group ex, small group or personal training environments. Whether you are new to BOSU® training, or a groupie always begging for more, 101 Ways to BOSU will give you the biggest bang for your buck! . 2 ACE CECs

- **Kettlebells with Jen Sinkler and David Dellanave of The Movement Minneapolis**
www.movementminneapolis.com and www.jensinkler.com

Master many variations and nuances of three important ballistic kettlebell movements — the swing, the clean, and the snatch — in this two-hour, small-group workshop with instructor Jen Sinkler, RKC-II, KBA, and her husband, David Dellanave, owner of The Movement Minneapolis. Expanding the ways you're able to move a kettlebell will pay off immensely by improving strength, power and core stability (including the often-overlooked anti-rotational component, which is difficult to achieve with a barbell). You'll learn a slew of new skills and cues over the course of this two-hour session.



- **You will receive .2 CECs for ACE for the BOSU workshop and can petition your certifying agency (NSCA, AFAA, ACSM etc.) for CECs for the other workshops. You will need to contact your agency to find out the requirements.**