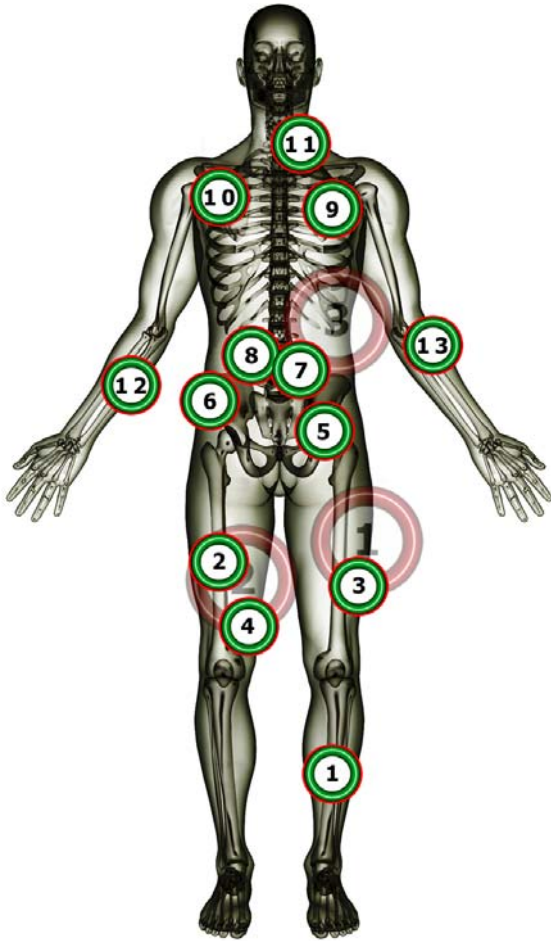


Learn how to reduce wear and tear on all your muscles, bones, and joints.

Myofunction workshops help you improve range-of-motion, enhance performance, and recover faster.

July 18th, CrossFit Huntington Beach (class limited to the first 20 registrants)



Athletes, trainers, and everyday folks achieve better performance and work-out results when they *move better*.

Better functional movements and proper biomechanics help you:

- * Develop supple flexibility
- * Apply the appropriate force and technique for balanced body and mass movement
- * Gain critical performance leverage in sports activities
- * Avoid painful recovery episodes

How do you get there, though? Is it enough to just push through the pain and hope the body works it out?

Jeff Alexander with Network Fitness shows you the right way to improve muscle function during our two-hour workshop (registration details below).

The workshop includes an overview of the three primary regions pictured at left. We'll also do a deeper dive, exploring the 13 specific regions that affect your whole body.

We will also show you how to identify progress, some of the typical misconceptions and myths about proper movement, recovery and massage techniques, and when to call a professional therapist for assistance.

Myofunction 101

- * *Myo* is an anatomical term relating to muscle.
- * Myofascial release techniques relieve tension within the muscles and help to restore bio-mechanical function in the joints.
- * Network Fitness is a certified myofascial release education and training organization.

Register today by calling 949-375-3141 or enroll online at

www.networkfitness.com/CFHB

Location: CrossFit Huntington Beach

18392 Enterprise Lane

Huntington Beach, CA 92842

Date: Saturday July 18th 10 AM - 12 PM

Price: \$50 -- Includes instructional handout & massage ball.

** Workshop participants receive special discounts on all Trigger Point Technologies products **

Space is limited, so please make plans early.