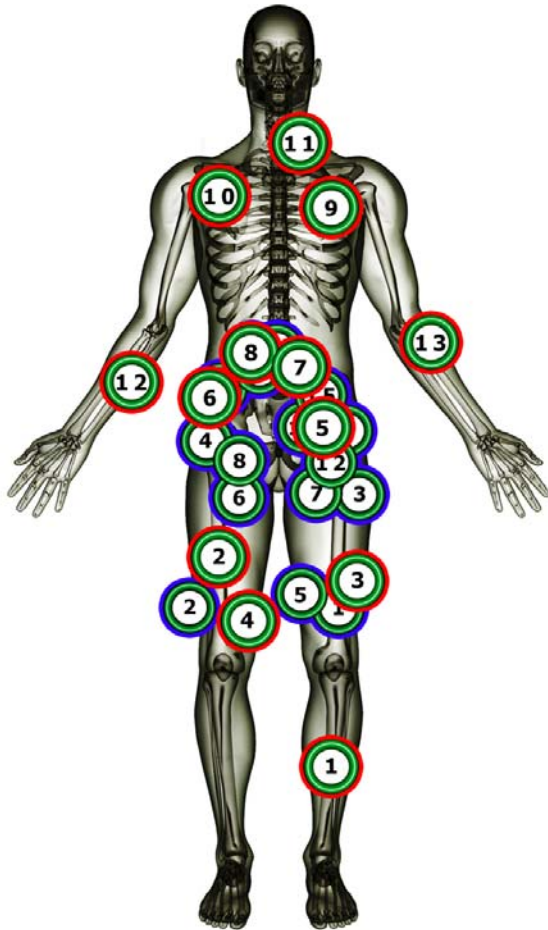


# Learn how to reduce wear and tear on all your muscles, bones, and joints, especially the hip & lower back.

*Myofunction Self-Myofascial Release techniques help you improve range-of-motion, enhance performance, and recover faster.*

**June 27th, Team CrossFit: Elite Fitness Academy  
(register early, class size is limited to the first 30 participants)**



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 amount of pressure 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?

Jeff Alexander of Network Fitness shows you the right way to improve muscle function during this special four-hour hands-on SMR workshop (see details below).

The workshop includes the introductory 13 specific regions that affect your whole body, as well as a deeper dive into the 17 specific regions that impact thigh, hip, & lower back function.

In 4 hours you will learn --

- \* over 30 SMR techniques
- \* how to identify progress
- \* typical misconceptions and myths about proper movement, recovery, and massage techniques
- \* when to call a professional therapist for assistance

## Myofunction 101

- \* *Myo* is an anatomical term relating to muscle.
- \* Self-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/ELITE](http://www.networkfitness.com/ELITE)

**Location: Team CrossFit: Elite Fitness Academy  
130 E. Walnut Ave.  
Monrovia, CA 91016**

**Date: Saturday June 27th 1 PM - 5 PM**

Price: \$100 -- Includes 32-page handout with written instructions for 30 specific regions **plus** a kit with 1 massage ball, small roller, & block (a \$70 value)

**Space is limited, so please make plans early.**

