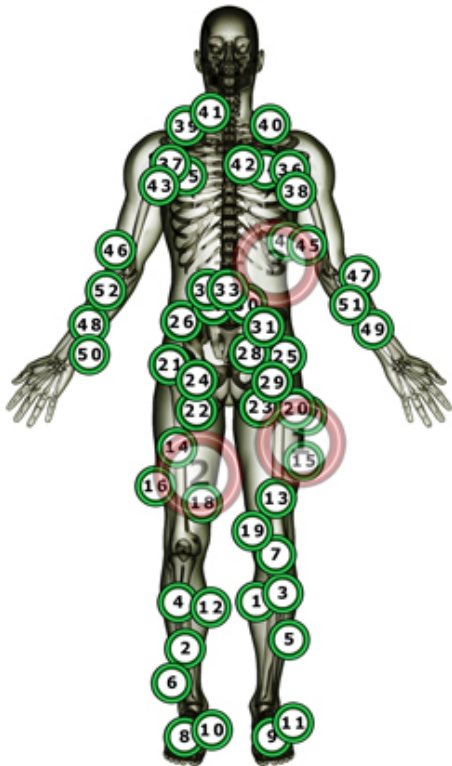


# Learn how to reduce wear and tear on all your muscles, bones, and joints, and how to teach it to your clients.

*Self-myofascial release (SMR), functional movements, and stretching techniques help you increase range-of-motion, enhance performance, and recover faster.*

**November 14th & 15th, CrossFit One World presents the Network Fitness Myofunction Coaches Clinic (*register early, class size is limited to the first 25 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 two-day hands-on SMR clinic (see details below).

The clinic includes an exploration of the 52 specific regions that affect your whole body, as well as an overview of the three primary regions that affect hip mobility (and therefore, athletic performance). In 2 days you will learn --

- \* over 100 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 which means 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/oneworld](http://www.networkfitness.com/oneworld)

**Location: CrossFit One World**  
**33415 Western Ave**  
**Union City, CA 94587**

**Date: Saturday November 14th 8:00 AM - 5:00 PM**  
**Sunday November 15th 8:00 AM - 5:00 PM**

Price: \$375 -- Includes 100-page booklet with written instructions for 52 specific regions plus the Complete Kit with 2 massage balls, block, quadballer and footballer from Trigger Point Technologies! (a \$160 value)



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