

Hour 1: Learn a new pelvic listing paradigm that is determined by the anatomical attachments of the psoas muscle, the true core mover and protector of the thoracolumbopelvifemoral region.

Hour 2: New blocking techniques for this new pelvic listing and exercises.

Hour 3: Advanced core exercises for this new thoracolumbopelvifemoral region.

Lunch on your own

Hour 4: Active glut release and Hip exercises that simultaneously provides a self-glut spasm release that is superior to the foam roller.

Hour 5: More new hip side lying internal and external rotation exercises, especially for the obturator internus.

Hour 6: Missing link rotator cuff stabilizing exercise and myofascial release using Vibracutor, Arthrostim, manual contact and slant boards. Demonstration for the cervical BodyFulcrum. You teach me.