

FREE

Golf

STRENGTH TRAINING & INJURY PREVENTION SEMINAR

Presented by:



(I²SM)
INTERNATIONAL INSTITUTE OF SPORT & MOVEMENT

YOU'LL LEARN

**MsE™ training
principles and
modalities**

- **Motor Control**
- **Stabilization & Balance**
- **Trunk Power Development**
- **Rotational Strength**
- **Maximize Range of Motion**

**Limited spots
available.**

**This is a "hands-on" seminar and thus
we want to ensure every participant
receives the right amount of attention**

Email BMoskevich@ManchesterCountryClub.com



Hosted by:

**Manchester
Country Club**



Friday, February 8th 2019 @ 430pm