

INTERNATIONAL INSTITUTE OF SPORT & MOVEMENT

Frequently Asked Questions

How will this benefit you?

-Learn how to simultaneously optimize rotational patterns while remaining injury free by intelligently blending the 10 fundamental fitness attributes of Strength, Speed, Power, Flexibility, Coordination, Accuracy, Agility, Balance, Stamina and Endurance into exercises.

Who will benefit from attending?

-Anyone who wants to improve their athletic abilities or who has nagging muscle/joint pain inhibiting their play. This is NOT a technique course. This is an educational strength and conditioning protocol seminar in which you will learn the technique we use with our elite level athletes in the NFL, MLB, NBA, UFC and many more.

Will this improve your game?

-Absolutely. Your ability to hit the ball harder, improve accuracy, improve balance, remove dysfunction, and optimize joint congruency to reduce risk of injury both on the course and everyday life.

What should you bring?

-Clothes you can move freely in, does not need to actual exercise clothing. As long as you can freely move around you'll be good.

How long will this clinic last?

-This introductory clinic will be somewhere between 60-90 minutes.