STRENGTH TRAINING INJURY PREVENTION **PROGRAM** 

**Presented by:** 

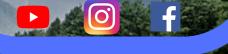


## **OU'LL LEARN**

MsE ™ training principles and modalities

- Motor ControlStabilization & Balance
- Trunk Power
- Development
  Rotational Strength
- Maximize Range of Motion

imited spots available.



**Hosted by:** 

Manchester **Country Club** 





Friday's at 430pm in the Attic March 8 - April 12