

October 9, 2021

EM203: PORDENONE - Strength and Power with Anthony Turner



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This 2 days course reviews the basis underpinning strength and power development. Furthermore a careful technical analysis covering inter-limb asymmetries and stretch-shortening cycle mechanics and implications for performance will be thoroughly illustrated.

It will take the participant through all the challenges and difficulties in exercise prescription within an evidence based framework. This will allow an expansion of the rehabilitation skills to ensure the most efficient **return to maximal performance**.



28 Seats



€402.60



16 Hours



20 ECM

INTENDED FOR

Doctors,
Physiotherapists, Degree
in Motor Science (ita),

PAYMENTS

Deposit €201.30 within 7
days from the
registration

Balance €201.30 by date
October 4, 2021

Total: €402.60

CALENDAR

9 - 10 October 2021

LANGUAGE

English with italian
consecutive translation

Pay attention!

The course is organized in PORDENONE with MOVE - PHYSIOTHERAPY

Location: CROSSFIT PORDENONE Via Galileo Ferraris, 5 - 33170 Pordenone (PN)

SCHEDULE

COURSE PROGRAM:

Day one

09.00 - 11.00	Lecture 1	Strength and power training
11.00 - 1200	Practical 1	Movement screening and CEX

12.00 - 13.00	Lunch	
13.00 - 15.00	Practical 2	Strength training (technical analysis and coaching)
15.00 - 18.00	Lecture 2	Movement analysis and asymmetries

Day two

09.00 - 11.00	Lecture 3	Stretch-shortening cycle mechanics and implications for performance
11.00 - 13.00	Practical 3	Assessment of asymmetries
13.00 - 13.30	Lunch	
13.30 - 15.30	Practical 4	Plyometrics: developing muscle-tendon stiffness
15.30 - 18.30	Lecture 4	Periodisation
18.30	Conclusions	Questions and ECM Test