



TRIGGERPOINT

Level 1

FOAM ROLLING: Principles & Practices

► 4 hour Course / Approved CECs

This 4-hour workshop teaches the fundamentals of myofascia, reviews the latest SMR research and then dives into the Trigger Point Performance® SMR movement philosophy using the GRID® foam roller.

COURSE INCLUDES:

- Hands-on Coaching Experience
- Cueing Application with the GRID® Foam Roller
- Pre & Post Workout
- Foam Rolling Techniques



Level 2

MYOFASCIAL COMPRESSION™ TECHNIQUES: The Evolution of Foam Rolling

► 8 hour Course / Approved CECs

This Level 2 course utilizes the Trigger Point Performance line of products designed to increase mobility with an overall improvement on one's biomechanics. This 8-hour training is hands-on, focusing on the practical application of Trigger Point Performance education backed by scientific research.

COURSE INCLUDES:

- Methods for MCT™ Instruction
- Programming designed to increase performance
- Application for clients specific sessions.



SMRT-CORE® TRAINING

► 8 hour Course / Approved CECs

SMRT-CORE® combines self-myofascial release techniques (self-massage), core stabilization and functional strength in one training format using the GRID® foam roller. SMRT-CORE® can be used to create a variety of recovery and training programs for all levels of clients in personal training, small group or group fitness settings.

COURSE INCLUDES:

- Contraindications and safety guidelines
- SMRT-CORE® programming for fitness and performance
- How to Design and lead SMRT-CORE® workouts



Trigger Point Performance Therapy

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A black and white photograph of a woman with dark hair pulled back, wearing a dark tank top. She is looking down and smiling slightly. The image is oriented vertically on the right side of the page.