

## Webinar Information Sheet

**Webinar Title:** "The Shoulder: New School Training Techniques"

**Course Description:** Does your client have healthy shoulders? If so -- you'll want to make sure they stay pain free and functional. This program will review the way a healthy shoulder is supposed to work and then teach you how to select exercises and choose modifications that will improve mobility, strength and function while keeping your client pain-free. Whether you train clients individually or in groups, this webinar will make you feel more confident that you are not putting your client's shoulders at risk.

### Learning Objectives:

- After viewing this webinar, you will be able to:
  - Identify basic anatomy and structure of the shoulder
  - Explain the terminology of a "packed" shoulder
  - Describe the proper techniques for a bench press to reduce shoulder problems
  - Provide guidelines for proper exercise techniques
  - List various programming hints and tips to reduce stress on the shoulder

**Target Audience:** Fitness Professionals, Strength & Conditioning Specialists, ATs, PTs, PTAs, LMTs.

**Schedule and Format:** Self-paced recorded webinar.

**Registration Fees:** \$20.00

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us by email within that three day window and provided you have not generated your continuing education certificate we will issue a full refund. That's it. No questions asked. (Once you have generated your CE certificate you can not cancel the order.) ***Remember that all webinars must be viewed in the year they were purchased!***

### Course Developer Credentials:

Chris Marino, M.S., CSCS

Chris is a strength and conditioning specialist in private practice in the metro Philadelphia area. With almost 10 years experience in all aspects of fitness Chris specializes in training clients with chronic orthopedic conditions and those who have been released from physical therapy following joint replacement, surgery or injury. Chris is the owner of "Marino's Body Shop," a

personal training management company located in southeastern PA specializing in Boot Camps for different fitness levels. Chris is certified by the NSCA, ACSM, and ACE and is experienced in functional training, core conditioning and advanced exercise techniques for athletes and recreational athletes. Chris joined our faculty in 2001.

**Course Presenter Credentials:**

**Mike Deibler, MS, CSCS**

Mike is Exercise ETC's Director of Education. He is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM. Mike joined our faculty in 2008.

**Contact Hours/CEUs/CECs:** *Please visit our website for the most up-to-date continuing education awards.*

**Sponsors:** N/A