



# ***Performance-Based Training***

## ***Denver: Saturday November 9, 2024***

### ***Hilton Garden Inn / Denver Tech Center***

#### ***7675 E Union Ave, Denver 80237 With FREE Parking!***

*This is a brand-new course with new video content, new course titles and new course numbers. Take the entire day and become a "Performance Exercise Consultant"*

## **THE SCHEDULE**

- 1. 8:30 am – 10:30 am**  
**Setting a Baseline: Screening, Assessment and Testing**  
Discover how to appropriately screen and assess clients so that you are able to make informed programming decisions based on your client's training and injury history.
- 2. 10:30 am - 12:30 pm**  
**Functional Mobility: Improving Range of Motion & Control**  
This evidence-based course provides an in-depth look at normal joint ROM and details strategies to improve performance at the ankle, hip, shoulder, and t-spine.
- 3. 1:30 pm – 3:30 pm**  
**The Essentials of Gait Development**  
This course provides a comprehensive look at how ankle and hip mobility, along with core strength, can improve form and reduce overuse and repetitive stress injury.
- 4. 3:30 pm – 5:30 pm**  
**Preparing for the Worst: Preventing Common Fitness Injuries**  
Many exercise-induced injuries are both predictable and preventable and the objective of this course is improving performance by preventing injury.

***SAVE! Early-bird registration: \$99!***

***Late registration: \$129 (after 11-5-24)***



1-800-244-1344  
info@exercisetc.com

Registration fee: \$129 (0.8 /8.0 CEs)  
Register before 11-04-24  
and pay only \$99!



**Performance-Based Training**  
*Continuing Education for Fitness Professionals*  
**Denver: Saturday November 9, 2024**  
**Hilton Garden Inn / Denver Tech Center**  
**Your Instructor: Mike Deibler, MS, CSCS**

**Exercise ETC, Inc.**  
**2805 E. Oakland Park Blvd**  
**# 426**  
**Ft. Lauderdale, FL 33306**

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Each 2-hour class is pre-approved for continuing education credit as follows:

0.2 CECs: ACE, CSCS, NASM, NCCPT, NSCA.

2.0 CEUs: ACSM, AEA, AFAA, BOC, ISSA & more

Save! Register before  
Nov 4 & pay only  
**\$99!**

*A brand-new "live" continuing education program!*