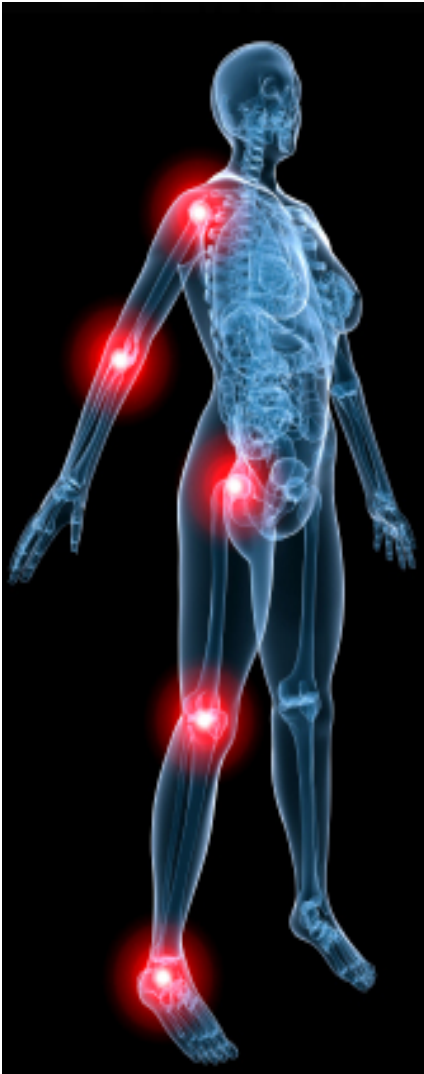


Osteoblast Training

Osteoblast Training is the only globally accredited workshop that specializes in “strength and conditioning” training for bone health.

The workshop is sanctioned and accredited by the National Strength & Conditioning Association (NSCA).



NATIONAL PERSONAL TRAINING INSTITUTE

The Internationally Accredited “Strength and Conditioning for Bone Health” is designed specifically for personal trainers, fitness instructors, strength and conditioning specialist, fitness instructors, sports coaches, physical therapists and osteopaths.

The dynamic nature of this workshop will give students the opportunity to learn the underpinning theory and practical knowledge for constructing safe and effective bone health training programmes.

Earn 0.7 Continuing Educational Units (CEU's) on this one day workshop.

Learn how to develop functional strength and stability training exercises using the Progressive Osteogenic Exercise Continuum (POEC) system.

Learn the biomechanics of bone and its response to different loading stimuli (exercises).

Learn the specifics of exercise prescription with reference to different loading principles.

Learn how to analyse risk factors and interpret the diagnostic criteria for osteoporotic bone.

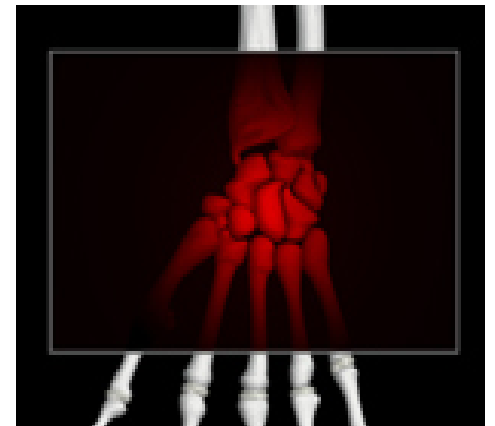
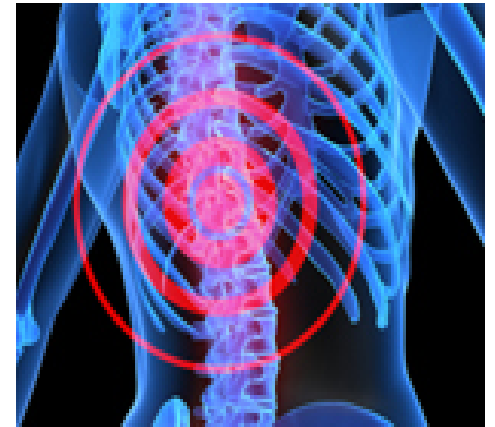
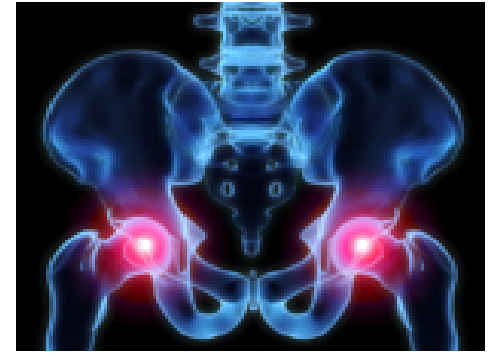
Take this opportunity to enhance your clientele base, promote long-term client retention, expand your exercise repertoire, optimise your financial return, and become a market leader and unique specialist.

The cost of the course is \$300 for the day and will be conducted at the National Personal Training Institute, Orlando, FL, on April 24th from 9.30 to 5.30 pm.

Call to Enroll Today 407.772.0057

All payments must be received prior to commencement of the course.

NSCA CEU
APPROVED



The course is delivered by Chris Williams who is the Lead Instructor for the NPTI in Orlando, International Lecturer, and Certified Strength and Conditioning Specialist (CSCS).

E-mail: nptichris@fusemail.com
Tel No: - 407 772 0057