

**All the way from the USA, internationally renowned 'Human Performance Specialist' Mike Robertson shares the strategies used by the world's leading experts!**



Mike has made a name for himself as one of the premier performance coaches in the world, helping clients and athletes from all walks of life achieve their physique and sports performance goals. He has coached several National champions in US Collegiate ranks, as well as many current stars of the **NFL, NBA and Major League Baseball**.

A widely published author, Mike is best known for his comprehensive corrective exercise articles on highly acclaimed performance enhancement website, **'T-Nation'**, and has produced several revolutionary corrective exercise/performance enhancement resources, including **'Magnificent Mobility'**, **'Building the Efficient Athlete'** & **'Bulletproof Knees'**.

**See 'Human Performance Specialist' Mike Robertson present for only \$195\***

(\*Standard cost is \$295 but a 30% discount applies if you book before December 7, 2007)

**Program Overview**

**Building Bulletproof Knees**

- Three functional assessments you must complete or risk damaging the knee further!
- Why knee pain doesn't always equal a knee problem; learn how to identify & address the true cause!
- How stretching your hamstrings at the wrong time **can lead to greater dysfunction!**
- The **exact** exercises you need to **prevent ACL injury!**

**21<sup>st</sup> Century Core Training**

- Is your abdominal training contributing to low back pain?
- Why we should be training the abdominals to prevent movement, not create it!
- Is lumbar rotation a good idea? Learn where rotation should come from!
- Fixing your force couples; there is more to optimal core function than abdominal training!

**Optimising Upper Extremity Biomechanics**

- Has the importance of rotator cuff training been overstated? Why improving thoracic spine mobility & scapular function should be a priority!
- Understand why pelvic alignment & contralateral hip/ankle mobility are critical to shoulder health!
- Restore optimal muscular length-tension relationships throughout the upper body & prevent chronic upper back, shoulder, elbow & wrist pain!
- Identify & address injury-causing program biases!

**Rebuilding the Human Body**

- Phases of Training; objectives & keys to progression
- Which joints need to be trained for mobility & which need to be trained for stability? **Get this wrong and dramatically increase the risk of injury!**
- Understand 'reciprocal' & 'traditional' inhibition & enhance the effectiveness of corrective exercise!
- Why failure to acknowledge the nervous system will **render your programs largely ineffective!**
- Why 'functional' training is different for everyone!

**Testimonial**

*"Mike Robertson has established himself as one of the top strength coaches and corrective exercise specialists in the world. His knowledge of the musculo-skeletal system is staggering". Dr. John Berardi, Author of Precision Nutrition. For more testimonials please visit [robertsontrainingsystems.com](http://robertsontrainingsystems.com)*

**Location and Dates**

**Sydney: Saturday 23<sup>rd</sup> February, Marriott Hotel**  
**Melbourne: Sunday 24<sup>th</sup> February, Oaks on Collins**

**Payment: AUD\$195 (incl. GST)**

Cost is \$295, but a 30% discount applies if you book before December 7, 2007. A \$50 deposit is required.

**In addition, you will also receive PDP's from Kinect Australia/CEC's from Fitness Australia!**

**To book for this special event, contact Centrality on 1300 309 606 or [contact@centrality.com.au](mailto:contact@centrality.com.au)**

