

Exercises For Injuries

The Fitness Professional's Source for Exercises and Injuries.

The Secret Training Continuum for Maximal Client Results and Performance with Nick Tumminello

As a trainer and coach, do you ever ask yourself:

- Are the techniques that I am using the best they can be?
- Are the exercises I am using leading to maximal performance?

In this two-day course, Nick Tumminello will provide a comprehensive overview of his approach to getting client results and improving performance. Over the 14 hours of hands-on learning, Nick will take you through his unique approach to working with his clients and athletes. Nick will share with you the 5 areas of training that are misunderstood when training clients but are essential to getting maximal results.

- (1) Joint mobility to achieve performance improvements
- (2) Self myofascial release (SMR) for accelerated recovery and improved movement
- (3) Easy-to-follow dynamic warm up system to ensure optimal performance every time you train
- (4) Smart and effective abs exercises for increased strength and performance, and
- (5) Joint friendly strength exercises for maximal results.

This is not your regular normal weekend course. This course will challenge your learning from regular fitness education courses and you will leave having discovered new and unconventional techniques and exercises that you won't see anywhere else. These techniques will ultimately lead to improved results and performance with your clients.

What will be covered in the course:

- Timing and technique for self joint mobilization for personal training and sport performance
- Assessment of joint mobility to quickly increase functional ranges of motion in the body
- What trainers and coaches are doing to causing injury and dysfunction using SMR
- SMR progressions and regressions for all levels of clients and athletes
- 10 key factors to designing an effective no stretch time efficient warm up
- Popular warm up exercises that are dysfunctional and why they should never be used
- A 3D approach to abdominal training
- Understanding of which type of corrective exercise protocol will work best and which won't
- The best exercises for bad knees, shoulders and back.

DATE: Saturday, November 19 & Sunday, November 20, 2011

TIME: 8:45 am to 5:00 pm (14 contact hours over 2 days)

LOCATION: Vancouver College – (Cartier & W 38th Ave) - Vancouver, BC, Canada

CONTINUING EDUCATION CREDITS: 1.4 NSCA CEUs (Pending), 14.0 BCRPA CEC, 14.0 BCAA CEC, 14.0 CMTBC CE/PD, 14.0 CSEP PDC.



INSTRUCTOR: Nick Tumminello is the owner of Performance University - Speed Strength & Conditioning in Baltimore MD, where he works with a variety of clients from professional Bodybuilders and Figure Models to athletes from the NFL and NBA. He is a nationally recognized coach and educator who is known for his innovative exercises and smarter approach to strength & conditioning.

COST: \$349 plus HST – prior October 1 / \$399 plus HST – prior to November 1 / \$449 plus HST – after November 1

To Register and more information visit - <http://ExercisesForInjuries.com/nick-tumminello/>

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CONTINUING EDUCATION CREDITS:

These associations have provided approval for continuing education credits for *The Secret Continuum for Maximal Client Results and Performance* course:



- 1.4 NSCA CEUs (Pending)
- 14.0 BCRPA CEC
- 14.0 BCAK CEC
- 14.0 CMTBC CE/PD
- 14.0 CSEP PDC

If your association is not listed, please contact your association to see if you can petition the course.

VENUE ADDRESS:

This is the full address of the venue:

Vancouver College
5400 Cartier Street (at West 38th Avenue)
Vancouver, BC
V6M 3A5
Canada

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INSTRUCTOR: **Nick Tumminello**



Coach Nick Tumminello is the owner of Performance University - Speed Strength & Conditioning in Baltimore MD, where he works with a variety of clients from professional Bodybuilders and Figure Models to athletes from the NFL and NBA. Nick also serves as the conditioning coach for the Ground Control MMA Fight Team.

He is a nationally recognized coach and educator who is known for his innovative exercises and smarter approach to strength & conditioning.

Nick is the developer of the Core Bar, has authored numerous fitness DVDs and is a regular contributor to T-nation, Men's Health, Women Health, Men's Fitness, Oxygen, Maximum Fitness and FIGHT! magazine. He has been featured in two NY Times

best selling exercise books as well as in the ACE Personal Trainer Manual: Forth edition.

Coach Nick writes a very popular fitness training blog at *NickTumminello.com*

Coach Nick's Professional Highlights:

- Current presenter for IDEA.
- Past presenter for AFPA and ECA
- Taught workshops at international fitness conferences in Canada, China and Iceland
- A regular contributor to several major magazines such as Men's Fitness, Men's Health and Women's Health, Maximum Fitness and Oxygen.
- Contributing author to two New York Times best selling books - *The Men's Health Big Book of Exercises* and *The Women's Health Big Book of Exercises*.
- Referenced twice in the ACE Personal Trainer Manual, Forth Edition
- Produced 8 instructional DVDs
- Has 5 Live DVD, CEC courses through Healthy Learning videos
- Considered a "best of the best" trainer by Men's health.
- Men's health expert blogger
- Fitness coach for Jaco clothing

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COURSE HOST: Rick Kaselj - MS, BSc, PK, CPT, CEP, CES



Rick Kaselj specializes in exercise rehabilitation, post-rehab, active rehabilitation, exercise therapy and corrective exercise. He works in one-on-one and group rehabilitation settings, training people who have been injured at work, in car accidents and during sport activities. His clients and group exercise participants include a wide variety of individuals from healthy and special populations.

Rick has given over 286 presentations to more than 5531 fitness professionals and consumers across Canada and USA while continuing to work in rehabilitation centers, physiotherapy clinics, fitness clubs and personal training studios.

Rick recently completed his Masters of Science degree focusing on corrective exercise and therapeutic exercise for the rotator cuff.

To reach Rick or learn about his exercise rehabilitation courses please visit <http://ExercisesForInjuries.com>

TO REGISTER OR FOR MORE INFORMATION:

Visit <http://exerciseforinjuries.com/Nick-Tumminello>

COURSE FEE:

- \$349 plus HST – prior October 1
- \$399 plus HST – Prior November 1
- \$449 plus HST – After November 1

For a complete listing of all the courses offered and hosted by Rick Kaselj and Exercises For Injuries please visit <http://exerciseforinjuries.com/fitness-education-courses/>

Interested in receiving over \$299 worth of exercise education information?
Visit <http://www.ExercisesForInjuries.com>

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The Secret Training Continuum for Maximal Client Results and Performance with Nick Tumminello **Schedule**

Day 1 – Saturday, November 19, 2011 (7 contact hours)

8:30-9:00 am	Registration and Introductions
9:00-10:00 am	Secrets of Joint Mobility – Introduction to Mobilization
10:00-11:00 am	Assessments and Self Mobilizations – Part 1
11:00 am-12:00 pm	Assessments and Self Mobilizations – Part 2
12:00-1:00 pm	Lunch Break
1:00-2:00 pm	Joint Mobilization Program Design
2:00-3:00 pm	Secrets of Self Myofascial Release
3:00-4:00 pm	Using Self Myofascial Release in a Warm Up and Cool Down
4:00-5:00 pm	Progressions and Regressions for Self Myofascial Release

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Day 2 – Sunday, November 20, 2011 (7 contact hours)

8:30-9:00 am	Registration
9:00-10:00 am	New Concepts and Techniques in Dynamic Warm Up
10:00-11:00 am	Key Components of a Whole Body Dynamic Warm Up
11:00 am-12:00 pm	Progression Dynamic Warm Up (Practical)
12:00-1:00 pm	Lunch Break
1:00-2:00 pm	Advance Abdominal Training
2:00-3:00 pm	Advance Abdominal Training (Practical)
3:00-4:00 pm	Joint Friendly Strength Training
4:00-5:00 pm	Best Exercises for Strength and Shape for the Back, Knees and Shoulders (Practical)

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Registration Form

First & Last Name: _____

Mailing Address: _____

City & Province: _____

Postal Code: _____

Home Phone Number: _____

Business Phone Number: _____

E-mail: _____

Occupation: _____

Employer: _____

Memberships: _____

How did you hear about the course?

Payment: Credit Card Cheque

Credit Card: Visa Master Card

Name on card : _____

Card #: _____

Expiry date (mm/yy): _____

Authorized Signature:

COURSES TO REGISTER FOR: _____

COMPLETED REGISTRATION FORMS: _____

Fax To:

Rick Kaselj – *ExercisesForInjuries.com*
(604) 677- 5425

(Email support@ExercisesForInjuries.com to confirm your fax has been received.)

Mail To:

Rick Kaselj – *ExercisesForInjuries.com*
#199 – 19567 Fraser Highway
Surrey, B.C. V3S 9A4

(Please allow 10 business for delivery and processing. Plus email support@ExercisesForInjuries.com to inform us you has sent it by mail.)

Register online at: <http://ExercisesForInjuries.com/Nick-Tumminello>

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Nick Tumminello Course - Vancouver Hotel Options



Both 'Airport' and 'Downtown Vancouver' hotels are located less than a ten minute drive from Vancouver College, and are accessible by either Oak or Granville Street. Those flying in for the course may stay at any of the hotels below, and take the skytrain from the airport to the hotel, and from the hotel to Vancouver College, to save car rental and parking fees. The Oakridge-41st skytrain stop is located 9 blocks (~15 minute walk from) east of Vancouver College. Those driving can use www.expedia.ca to explore other options near the same locations.

Downtown Options:

Holiday Inn & Suites

1110 Howe Street, Vancouver, BC V6Z 1R2

Tel: (604) 684-2151

Toll Free: (800) 663-9151

~\$115/night

5 blocks from skytrain

Sandman Hotel Vancouver City Centre:

180 W Georgia St

Vancouver BC

Toll-free: 1+800+SANDMAN (726 3626)

~\$110/night

5 blocks from skytrain

Airport Hotel Option:

Radisson Hotel Vancouver Airport

8181 Cambie Road

Richmond, BC V6X3X9

(604) 276-8181

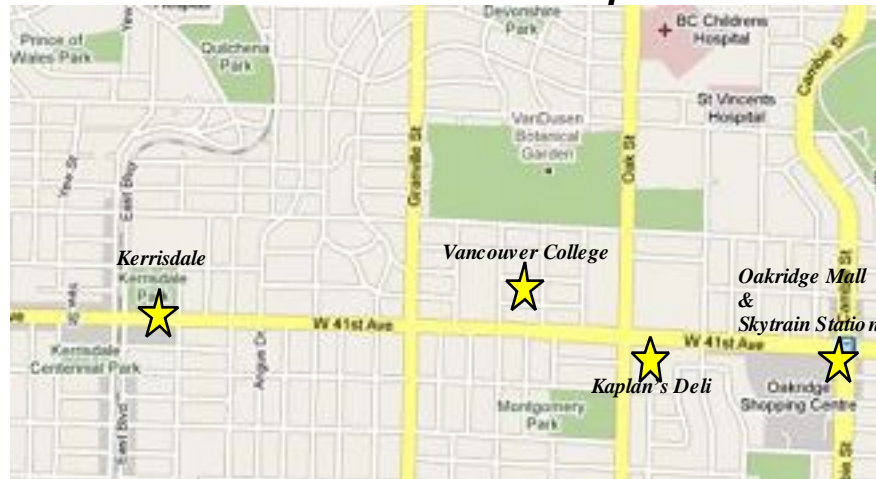
~\$140/night

2 blocks from skytrain

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Nick Tumminello Course - Lunch Options & Parking



Lunch Options:

Walking: Kaplan's Deli (~5 minutes)

- Montreal-style Jewish Deli

Walk/Drive:

Oakridge Mall (~15 minute walk; 2 minute drive)

- Food Court: Subway, TacoTime, A&W, Pita Pit, Indian, Japanese, etc

Kerrisdale (~15+ minute walk; 2-3 minute drive)

- McDonalds, Nando's Chicken, Subway, Pizza, Sushi, etc

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Vancouver College – Location & Parking



Vancouver College can be accessed from Oak Street or Granville Street via 37th or 41st. The staff parking lot will be available and is located on the east side of campus on Hudson Street. If the staff parking lot is full, parking is available on the surrounding residential streets.

Once at the school, the High Performance Centre (HPC) and Alumni Room are in the south building adjacent to the football field. Follow the signs posted on the doors to appropriate location.

If you have any questions, please do not hesitate to contact Scott at scottvass@wrestling.ca or via cell (778)385-2540.

Miscellaneous Topics

What to Wear for the Course – Wear active wear. Be prepared for an active and hands on course.

What to Bring – Pen, paper, water, snacks and lunch.