May, 18-19, 2019

# Become Certified! Flexistretcher Teacher Training!

Company: Flexistretcher
Venue: Battery Dance
Location: New York, NY

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Andrew Holtz

BECOME A CERTIFIED FLX CONDITIONING SPECIALIST (CFCS)

MAY 18TH AND 19TH, 2019

Learn the fundamentals of working with the Flexistretcher and the FLX Ball from creator & founder, Rachel Hamrick.

In this course you will learn 100s of exercises and stretches utilizing elastic resistance to safely increase flexibility while improving strength! Apply these methods to your personal training or group class settings. Working with the Flexistretcher allows one to simulate functional movement patterns and since you are not relying on gravity you entire body is engaged as you work three dimensionally against the resistance. The Flexistretcher helps one find their maximum flexibility range and then by holding the position or engaging small muscles contractions through exercise repetitions you can build strength within the position while focusing on form and control. For dance educators we will discuss creating class outlines for flexibility and strength training for dancers with the Flexistretcher and it's applications to ballet technique. Rachel will talk through common technique alignment issues and how to train to find correct alignment, build strength and improve range of motion. After the course you will receive a certification of completion and be able to implement a Flexistretcher class into your school curriculum.

TRAINING INCLUDES :
- CFCS CERTIFICATION
- FLEXISTRETCHER
- FLX BALL
-FLX MASSAGE BALLS
- EXCLUSIVE TRAINING MANUAL
- 2 DAY INTENSE TRAINING WITH FOUND RACHEL HAMRICK

APPLY HERE : http://flexistretcher.com/pages/flx-conditioning-specialist-application
EMAIL ADMIN@FLXNYC.COM WITH ANY QUESTIONS!

Flexistretcher
380 Broadway #5
New York, NY, 10013
http://flexistretcher.com/pages/flx-conditioning-specialist-application

Schedule
May 18, 2019: 1:00pm
May 19, 2019: 8:00am

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