

# Postural Restoration for Strength Clinic

**SAT. SEPTEMBER 5, 12-4 P.M.**

Physical therapist Dan Houglum is certified through the Postural Restoration Institute and will present:

\* How to correct imbalances, with a special focus on the neuromechanical patterning caused by heavy strength development

\* INDIVIDUAL ASSESSMENT for each attendee of the hips, pelvis, rib cage, and shoulders to evaluate each participant's imbalances

\* Demonstration of each participant's individual exercise prescription that can be incorporated into a pre-strength training warm-up routine as well as a post-workout cool-down designed help correct those imbalances

**\$125**

**855-797-5438**

**2XLPowerlifting.com**

