

MUMBAI BRANCH IAP IS BACK!  
WITH A POWERFUL SESSION

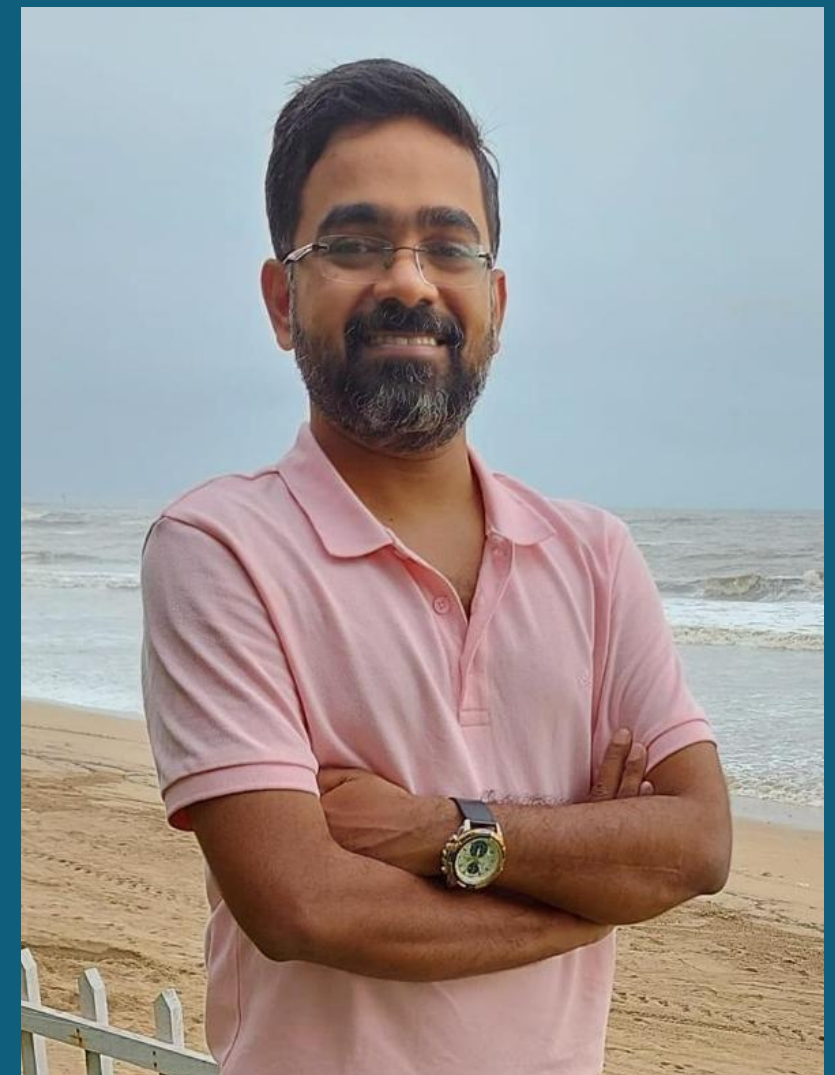
# SIX FUNCTIONAL MOVEMENTS

WITH YUVRAJ

DECEMBER 18, 2021  
7:00 PM-8:30 PM  
LIVE ON ZOOM

## A SNEAK PEAK INTO INTEGRATING STRENGTH TRAINING AND MSK REHAB

1. PERFORM THE 6 FUNDAMENTAL STRENGTH EXES WITH US!
2. LEARN TO CUE YOUR CLIENTS AND MODIFY EXES FOR THOSE WITH PAIN AND MOBILITY IMPAIRMENTS
3. BRAINSTORM THE SAFETY, EVIDENCE AND PROGRAM DESIGN FOR STRENGTH TRAINING



MPT, L1 CROSSFIT  
POSITIVE  
PHYSIOTHERAPY

OPEN TO ALL STUDENTS AND REGISTERED MEMBERS OF  
THE IAP. PRIOR REGISTRATION IS COMPULSORY

# WHY TRAIN FOR FUNCTIONAL MOVEMENTS?

Integrating strength training in rehab begins with understanding functional movements. Functional movements are movements that your body was designed to do. They are “natural,” meaning they are not movement patterns used only at the gym. Rather, these movements are found everywhere in human behavior and arise spontaneously as a getting up out of a chair requires an air squat; picking up groceries from the floor, a deadlift; placing items on a high shelf, a shoulder press. Similarly, they are 'essential'; these are the movements life demands - whether we practice them or not - which makes them essential to independent living, and in that way cornerstones for successful rehab.

WE ARE GOING TO DEMONSTRATE  
AND TEACH YOU HOW TO COACH  
THE SIX FUNCTIONAL  
MOVEMENTS OF STRENGTH  
TRAINING.

1. SQUAT
2. DEADLIFT
3. PUSH
4. PULL
5. SINGLE LEG
6. ROTATE

SO GET YOUR GYM SHOES AND JOIN US!

[REGISTER HERE](#)

THOSE JOINING US ON ZOOM WILL BE PART OF AN INTERACTIVE CLASS. WE REQUEST YOU TO GET A LONG STICK AND PAIR OF WEIGHTS / BOTTLES FOR THE CLASS.

SESSION WILL ALSO BE BROADCASTED LIVE ON OUR FACEBOOK PAGE AND YOUTUBE CHANNEL