

SEMINAR DESCRIPTION

Learn how to eliminate injury & pain in training and sport. Learn how to support optimal recovery and dramatic improvement in performance from novice to elite athletes using the body's power source-

The Nervous System

SEMINAR TOPICS

- *The cause of Injury & Pain*
- *Force & the neurological Response to Force*
- *Inefficient recovery mechanisms leading to Pain & Injury*
- *Neurological response to movement and positional patterns that can either allow elite performance or promote injury and/or pain*
- *How to eliminate pain and injury in training and sport via the nervous system*
- *Eliminating restricted mobility issues that promote injury and/or pain*
- *How to promote load, volume, and velocity to elicit optimal recovery, injury resistance, and adaptation to elite performance*
- *How to accelerate healing and recovery for current or past injuries via the nervous system.*

INJURY FOCUS

- *Muscle, Tendon & Ligament Damage*
- *Joint Pain*
- *Bone Breaks*
- *Concussion*
- *Soreness & Fatigue*
- *Nerve Damage*



Position Allowing Elite Performance & Injury Resistance



Seminar Presenters

Jay Schroeder: *Leading world-renowned expert in Neurological Therapy and Neurological Training (EvoUltrafit Phoenix, Az)*

Tyler Kleinhuizen: *Owner of Evo Ultra Performance. Expert in Neurological Therapy and Training*

Date & Time

*September 20, 2014
12:00pm — 5:00pm*

Location

*Adrenaline Sports Center
11521 Eagle Street NW , Suite 8
Coon Rapids, MN, 55448*

Pricing

Early Registration: (thru August 24th)

- *Gym: \$750. \$650 if paid in full.*
- *Individual: \$100/ Person*

Late Registration : (Aug 15th– Sep 20th)

- *Gym: \$1000*
- *Individual: \$150*

Registration

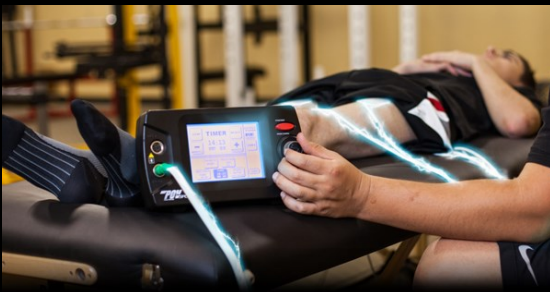
Register online at evocamps.com or contact Tyler Kleinhuizen: 651-587-3353 or evocamps@gmail.com.



Injury & the Nervous System

All injury & pain is a direct result of the body's inability to absorb force. With everything we do, our body absorbs and generates force. In order to absorb force appropriately to maintain healthy tissue and avoid injury, muscles must fire in the appropriate order at the appropriate velocity. When there is pain or injury, it means the body had a neurological inability to absorb that force. Force does not simply disappear; if there is a neurological disconnect where muscles do not work efficiently, the force is absorbed in the wrong areas, whether it be joints, ligaments, tendons, other muscles, etc. This will lead to pain or injury. When we get injured or are in pain, the location of injury is where the problem ended, not where it began. It begins where the muscle did not or could not do what it was supposed to do—

THE NEUROLOGICAL DISCONNECT



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The Bulletproof Athlete

September 20th, 2014



Learn How to Eliminate Pain & Injury in Training & Sport