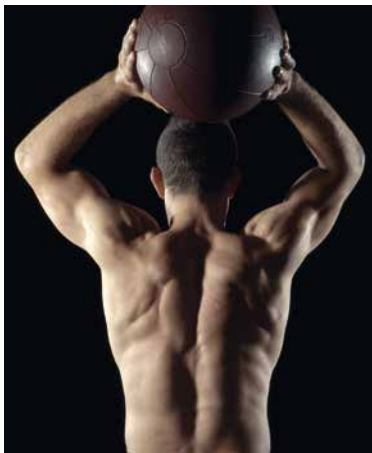


**COMPLEXCORE<sup>+</sup>  
LEVEL 1 + 2 EDUCATION  
IN LEUVEN/BELGIUM**

**„LEVEL 1/2“**

**DEAR COLLEAGUES,**

we would like to inform you about our next **ComplexCore<sup>+</sup> „Level 1 + Level 2 Education“** on Saturday, 11th of November 2017 in Leuven/Belgium.



**COMPLEXCORE<sup>+</sup> CONCEPT**

ComplexCore<sup>+</sup> helps you plan training and therapy sessions by assisting you in viewing and selecting exercises. In addition, ComplexCore<sup>+</sup> offers theoretical and practical content. The theoretical section contains basic information about functional anatomy, detailed content about training examples and sport science principles such as screening and motor skills testing. The practical section provides a systematic overview of over 3000 various exercises.



**WORKSHOP FACTS**

**INSTRUCTOR**

Roman Jahoda  
fitness coach and physical therapist  
CEO ComplexCore

**WHEN**

**Saturday, 11.11.2017**

Level 1

09:00 – 10:00 theory

10:30 – 13:30 practice

Level 2

14:30 – 15:15 theory

15:30 – 18:00 practice

**WHERE**

KU Leuven  
Faculty of Kinesiology and  
Rehabilitation Science  
(Indoor athletics hall)  
Tervuursevest 101  
3001 Heverlee/BELGIUM

**COSTS**

Level 1: € 125,00

Level 2: € 125,00

Level 1&2: € 225,00



**CONTENTS OF THE WORKSHOP**

**LEVEL 1 – THEORY**

- ⊕ functional anatomy
- ⊕ muscle systems
- ⊕ ComplexCore<sup>+</sup> training software

**LEVEL 1 – THEORY AND PRACTICE CORE**

- ⊕ stabilisation
- ⊕ practical exercises
- ⊕ training examples



**LEVEL 2 – THEORY**

- ⊕ functional anatomy

**LEVEL 2 – THEORY AND PRACTICE CORE AND LOWER EXTREMITIES**

- ⊕ mobilisation
- ⊕ stabilisation
- ⊕ practical exercises
- ⊕ training examples

**REGISTRATION** (Werner Helsen)  
**by e-mail:** [werner.helsen@kuleuven.be](mailto:werner.helsen@kuleuven.be)  
**online:**  
[www.faber.kuleuven.be/complexcore](http://www.faber.kuleuven.be/complexcore)  
**notice:** max. 75 participants

**QUESTIONS**  
Werner Helsen  
+32 477 42 55 34  
See you at the workshop!  
Your ComplexCore<sup>+</sup> Team