

The Complete Corrective Exercise Library

By Justin Price, MA

The Complete Corrective Exercise Library is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn which exercises are appropriate for correcting specific musculoskeletal imbalances.

The Complete Corrective Exercise Library explores:

- Different kinds of corrective exercises
- Targeting imbalances in muscles and soft tissue structures with various types of exercise modalities
- Benefits of nearly 200 corrective exercises (with progressions and regressions)
- Successful corrective exercise performance
- Corrective exercise tips and precautions

Upon successful completion, course participants will:

- Know which area(s) of the body and which musculoskeletal imbalances specific exercises will target
- Understand the anatomical benefit of performing particular exercises
- Be able to direct clients in how to successfully execute corrective exercises
- Identify problems or issues that may arise as clients are performing corrective exercises
- Know how to progress and/or regress corrective exercises based on a client's ability and performance goals

Course Presenter Bio

Based in San Diego, Justin is the creator of The BioMechanics Method® which provides corrective exercise education and programming for health and fitness professionals. He is an IDEA International Personal Trainer of the Year, expert on corrective exercise for the American Council on Exercise and BOSU® and founding author of PTA Global. He is also director of content for PTontheNet and an education provider for TRX and the National Strength and Conditioning Association.