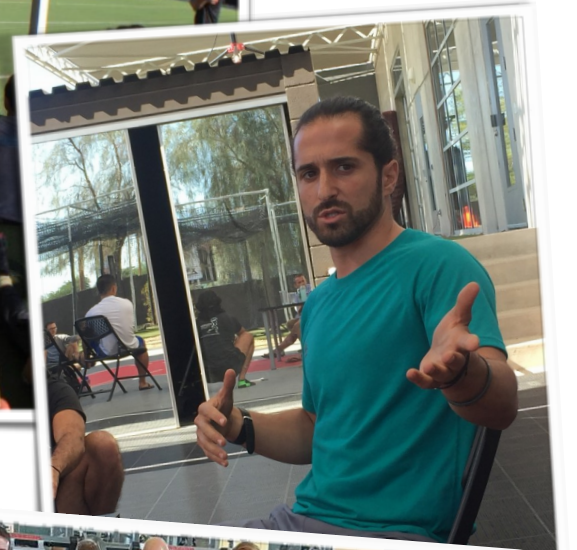
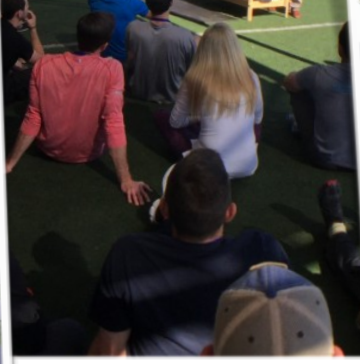


Eric Dannenberg
Brian Carroll

Jair Lee
Craig Liebenson

Nov 3-5
2629 East Rose Garden Lane
Phoenix, AZ 85050

The Athlete-Centered Approach: From Elite to Everyone – My 11th Annual EXOS program



A skills building & problem-solving weekend where we will –

1. Explore the key principles for high-performance –

Bridging the gap from rehab to S&C to elite performance

2. How they apply to injury prevention –

The cornerstones of sustainable trainable training through “slow-cooking” fitness in an individualized way based on the athletes Key Performance Indicators (ie. goals & history)

3. EXOS Training System –

30,000 foot view of the Training Systems to get us speaking the same language & seeing the tools & methods used 365 days/year for Avg Joes & Pros that have allowed the EXOS system to be successfully applied to the German national soccer team, NBA, NFL, PGA, MLS, MLB and countless other sports as well as get results with some of the largest and most forward thinking companies in the world within their wellness programs.

4. Lifting Assessment & Assistance Moves –

Evaluating the Big 3 lifts (Squat, Dead Lift & Bench) and identifying “sticking” points & efficient regressions

5. Thin-slice Rehab Decision Making –

Hacking away the non-essential to find the “hardest thing you do well”.
Learning our own blind spots so we are not missing the low lying fruit

[http:// www.craigliebenson.com/ 11th-annual-exos-program/](http://www.craigliebenson.com/11th-annual-exos-program/)

This year for the first time our EXOS coaches will be offering more than group workouts. We will weave our presenters together to provide a team like atmosphere with coaches & clinicians working side by side to show how we program and problem-solve. We will have workshops learning how to analyze lifting strategies to find the assistance moves most specific for the individual. We will also take a step back to discuss programming goals for the injury prevention and performance enhancement. Most exciting will be integrating recovery goals from a rehab perspective with programming goals to bridge the gap from current capacity shortfalls to required demand capacities.

- ✓ Registration after 11/1 \$1,000.00 USD
- Registration by 11/1 \$850.00 USD
- Registration by 10/1 \$700.00 USD
- Registration by 9/1 \$550.00 USD

The logo for EXOS, featuring the word "EXOS" in a bold, orange, sans-serif font. The letter "X" is stylized with two diagonal lines crossing in the center. A small "TM" trademark symbol is located at the bottom right of the letter "S".