



CES LIVE WORKSHOP AGENDA

DAY 1

8:00 – 8:15 am	Intro
8:15 – 9:45 am	Functional Anatomy Review
9:45 – 10:00 am	BREAK
10:00 – 11:30 am	OHS / SLS – demo on student #1
11:30 – 12:30 pm	LUNCH
12:30 – 1:30 pm	Program Design Review & Development
1:30 – 2:30 pm	Demo & Program on student #2
2:30 – 2:40 pm	BREAK
2:40 – 4:00 pm	Demo & Program on student #3

DAY 2

8:00 – 9:30 am	SMR
9:30 – 9:40 am	BREAK
9:40 – 11:30 am	Static Stretching
11:30 – 12:30 pm	LUNCH
12:30 – 1:30 pm	Isolated Strengthening
1:30 – 1:40 pm	BREAK
1:40 – 3:40 pm	Integrated Strengthening
3:40 – 4:00 pm	Wrap-up