

Title: Exercise System Using Body Fulcrums

CEUs: 2

Presenter: Thomas Walko, DC, DCBCN, CCN, IAACN

Course Description:

Core strengthening incorporating a new and unique exercise program utilizing the BodyFulcrum® wedge. Used by a wide range of people from a gold medal Olympic rower to a confident 96-year-old woman. Learn to use this comfortable and effective device.

Introduction & Background: 5 Minutes

Introduction: 10 Minutes

Exercise \ Rehabilitation Techniques: 105 Minutes

Conclusions: 5 Minutes