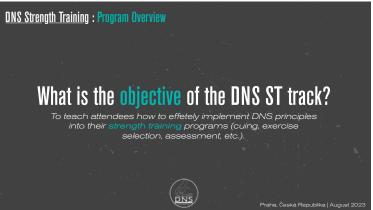


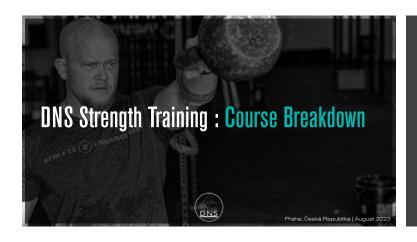


DNS Strength Training Track - Overview The DNS ST Track is divided into 3 separate, 3-day courses. I look at this track as a one course divided into 3 parts. In each course, all of the fundamental DNS concepts are covered (ontogenesis, FJC, trunk stabilization, etc.), but at increasingly deeper levels. It is designed to maximize attendee's understanding of DNS and their ability to apply these principles to strength training through repetition and with increasing complexity - Intellectual progressive overload...if you will (pun intended). This is a certification track, through which, one can become a certified DNS Strength Coach (DNS-SC). To achieve this, one will need to pass an on-line, multiple choice examination after DNS ST3.







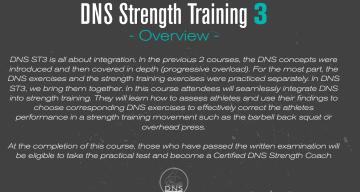


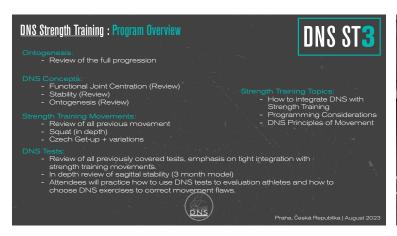
DNS Strength Training - Overview DNS ST1 is the entry point into the track and, for most attendees, their first exposure to DNS. We introduce the DNS concepts on a level slightly deeper than that found in Exercise 1. We then apply these concepts to several fundamental strength training movements such as the barbeil deadlift, kettlebell swing, and the bench press. All DNS exercises and tests are bilateral, as are the strength training movements. While higher positions such as Bear and Squat are covered, the focus of this course is sagittal stability and its application to strength training. There are also several lectures unique to the ST track that help attendees better apply the principles: E.G. How to Use a Lifting Belt, How to Execute Maximal Lifts.





















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