



Learn with
ATHLETIC DEVELOPMENT CLUB

CORRECTIVE EXERCISE & INJURY MANAGEMENT WORKSHOP

WHO WE ARE

Athletic Development Club provide results based personal training, and results-based nutrition tailored to our member's needs.

ADC have been running for 10 years and have trained hundreds of clients, as well as high-level athletes. This has included working with current Premier League football players and other athletes of national level. We are very proud that we have been able to help transform people's lives to not only look good but feel good.



ADC is an ActiveIQ and CIMSPA approved centre with coaches who hold Msc in S&C and Sport Corrective exercise and rehabilitation.



HOW WILL YOU LEARN?

ADC are offering an exciting CPD workshop that will run at our new state of the art facility. The course is a one-day workshop focused on corrective exercise and injury management, which will be hosted by our high-level coaching team. Our team will share their real-life experience from working with clients and combine their knowledge from their education. What's more, after completion of the course all learners will receive our corrective exercises and injury management learner pack. This will include all the theory learnt on the day, with instruction on how to apply this to your own unique training systems that you can apply with your own clients or training.



WHAT WILL YOU LEARN?

During the workshop our Academy team shall show you how to conduct a movement screening on clients to assess any weakness or imbalances that need to be addressed. Once this information is collected we will inform you on how to then implement this into programming and give practical examples of exercises and technique needed. The information provided will be from Msc guided knowledge and our head physiotherapist guidance. We will also highlight common injuries that you may come across with general population clients and athletes and steps to manage this.

MEET THE COACHES



Chris Varnavas

ADC Director
Msc Strength & Conditioning



Conor Pooley

ADC CEO
Msc Strength & Conditioning



MEET THE COACHES



Yiannis Minas

ADC Injury Prevention Lead Coach
Msc Corrective Exercise & Sport Rehab



Lewis Crouch

ADC Physiotherapist
Bsc Physiotherapy MCSP

REGISTER YOUR INTEREST

