

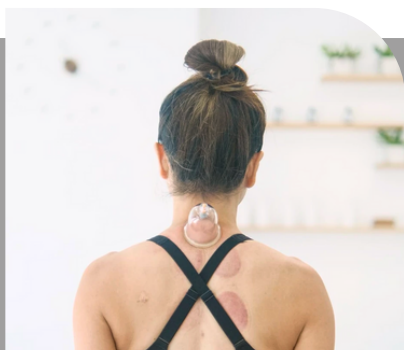
MYOFASCIAL DECOMPRESSION WORKSHOP

Fitness Academy Asia Limited, HK

4 hr Workshop | Hong Kong | ACE 0.8 CECs

FREE UP YOUR CLIENT'S NECK & SHOULDERS WITH A FREE CUPPING SET

Using techniques that involve client motion and manipulation of myofascial decompression cups to free up your client's neck and shoulders.



For all professionals such as:

- Fitness Industry
- Movement Instructors
- Strength & Conditioning Professionals
- Healthcare Professionals

WHY SHOULD YOU CONSIDER THIS COURSE

Myofascial Decompression (MFD) or cupping is currently being used in the athletic communities by therapists to aid athletes in their recovery. It is used to **release of resistant muscle knots**, **increase blood circulation** and **release trigger points**.

Learn how to utilize the cups properly to get the best results on stationary and active clients, cupping techniques and post-application exercises that target myofascial lines that influence the neck and shoulder area.

COURSE HIGHLIGHTS

01



Hands-on Training

4hr workshop includes hands on training, focused on skills and application

02



Expand the Ways You Can Help Your Clients

Help increase healing and recovery while alleviating chronic pain

03



Become a Sought After Personal Trainer

Differentiate your skills by offering treatment used by top athletes for your clients

04



Experienced Instructors

Taught by a Top Professional from Hong Kong with global teaching experience

INSTRUCTORS

Steven Chew

Master Instructor

Founder, Fitness Academy Asia, Hong Kong



CERTIFICATION CREDITS



ACE 0.8CECs

SCAN FOR MORE INFO >>



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