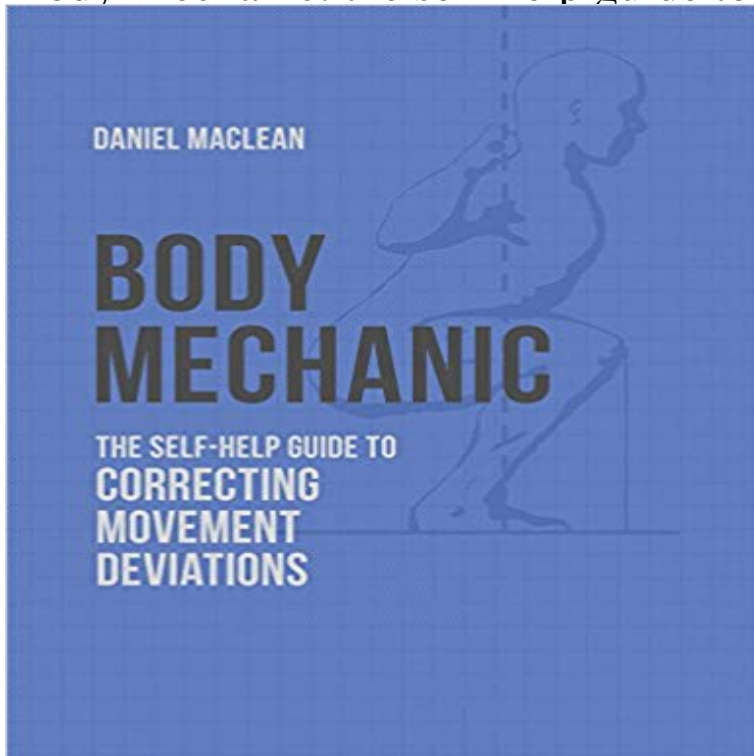


Body Mechanic: the self-help guide to correcting movement deviations



? Are you training with pain? ? Have you reached a training plateau? ? Do you experience reoccurring injuries? ? Do you want to gain the most out of your training sessions? If you answered yes to any of these questions, then Body Mechanic is the book for you. This self help guide will supply you with all the necessary tools needed to take your body to the next level by empowering you to identify your bodies weakest link. There is a plethora of information as far as exercises and mobilizations to perform for the Olympic Lifting athlete. How do you know what exercises are right for you? No two athletes are the same; therefore, no two athletes need the same exercise. Body Mechanic will help you identify what exercises are needed to address movement dysfunction SPECIFIC to YOU. Every athlete should have, and now will have access to the knowledge of strength coaches and physical therapists that specialize in progressive body hardening, programming, biomechanics, kinesiology and evidence based exercises. Do not miss the opportunity to improve your body, feel better, and get the most out of your training!!! Body Mechanic includes:

- Functional Overhead Squat Test Assessment to identify movement deviations
- Multiple Screening Tests Determine mobility or stability issues in your joints
- Corrective Exercises Research-based exercises to address YOUR needs Detailed Photo Guides of Each Exercise
- Specific & General pre-training corrective programming Timing, volume, & duration of exercises
- Innovative methodology towards body improvement

Body Mechanic: The Self-Help Guide to Correcting Movement Deviations is written by Daniel MacLean, MPT, CSCS and Director of Therapy of Results Physical Therapy and Training in Sacramento, CA. MacLean was instrumental in helping TeamJTS

weightlifter, Ariel Stephens, return from a torn labrum shoulder and be back CRUSHING PRs in a timely manner. Improving your movement quality is critical to maximizing performance and staying healthy but before you can improve your movement, you need to know what is wrong with it and Body Mechanic gives you the tools to simply assess yourself and put you on a path towards more functional movement and improved training.

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