

Jumpstart Instructor: **Joseph R. DeAntonis**

Joe was first certified as a personal trainer in 1994. Since then he has completed a variety of personal training certifications through organizations such as ACE, AFAA and NCCPT, as well as more advanced specialty programs qualifying him as a Mastery Level Resistance Training Specialist, Resistance Equipment Analyst, Resist-a-Ball Master Trainer and Muscle Activation Techniques Therapist.

He is the founder of Educational Training Concepts, Inc., a Pittsburgh-based company that focuses on educating health professionals in exercise mechanics and enhancing the overall well being of the general public. He is also the manager of the wellness center at Allegheny General Hospital where he is a biomechanics consultant to the Rehabilitation Services department.

Joe is currently enrolled in the Master's of Sports Medicine Program at the University of Pittsburgh. He plans to use his knowledge in Biomechanics and Sports Medicine to further his educational programs, teaching others how to prevent overuse injuries, joint stress and early onset osteoarthritis.

JUMPSTART DATES

Jumpstart Date: Overland Park, KS

Lower Body: February 7-8, 2009

Upper Body: April 25-26, 2009

Trunk & Spine: June 6-7, 2009

Host Contact: Jill Stoppel

913-634-8996 or

jill@jillstoppel.com

Instructor: Joe DeAntonis

Course Location:

Excel Wellness Studio

11705 College Blvd

Overland Park, KS 66210

Contact MAT to Register

1.877.999.9MAT ext.2 or

Register On Line Muscleactivation.com

Greg Roskopf's



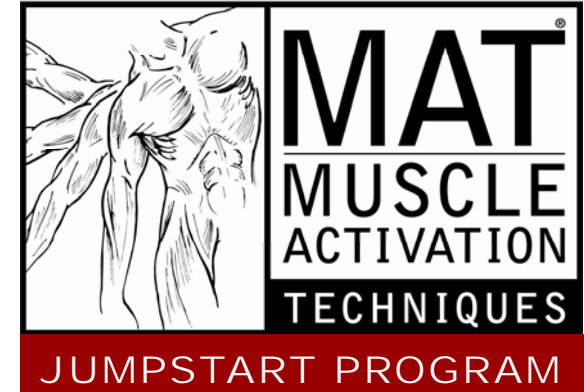
JUMPSTART PROGRAM

5555 DTC Parkway Suite C-3300

Greenwood Village, CO 80111

THE MISSING LINK IN THE REHAB AND FITNESS INDUSTRIES.
THE ASSESSMENT TOOL THAT YOU'VE BEEN WAITING FOR.

Greg Roskopf's



The MAT program was developed by **Greg Roskopf** who has worked as a Biomechanics Consultant for various teams and athletes including the Denver Broncos, Utah Jazz, and Denver Nuggets.

MAT is designed to promote optimal health and fitness by restoring body alignment to improve function and relieve pain.

For current dates & locations, check out our website at

www.muscleactivation.com

Greg Roskopf's

WHAT IS MAT?

Whether you are an athlete, dancer, fitness enthusiast, or someone who exercises for good health, efficient joint motion is essential to your success. MAT is a systematic approach which identifies and treats muscular imbalances/weaknesses that lead to inefficient function, pain, and injury. MAT is designed to correct body alignment in order to prepare the body for what you are asking it to do. No matter what the type of motion...golf, tennis, or just walking up stairs...the MAT procedure addresses the weak links; thereby allowing the body to function most efficiently while eliminating pain.

MAT IS UNIQUE

In its approach by viewing muscular weakness as the top priority and tightness as secondary.

In its client assessment by taking advantage of the mechanical relationships that exist between the function of all joints. e.g. the effect of foot mechanics on shoulder and cervical function.

THE NET EFFECT OF MAT IS UNPARALLELED RESULTS.

LEARNING MAT

There are two programs offered for health and fitness professionals:

1. MAT JUMPSTART PROGRAM

This 2-day program has three intensive modules: Lower Extremity, Upper Extremity, and Trunk & Spine. This series is the foundation to Muscle Activation Techniques and an introduction to the neurophysiology, biomechanics, and practical application of MAT.

2. MAT INTERNSHIP PROGRAM

This biomechanics-based, advanced level program consists of eight, 3-day weekends over a 10 month period. You will gain the knowledge and high level skills necessary to evaluate and correct your clients' muscular imbalances for long lasting results. Upon completion, you are eligible to become certified as a MAT Specialist.

MAT JUMPSTART PROGRAM

LOWER EXTREMITY, UPPER EXTREMITY, AND TRUNK & SPINE

Each MAT Jumpstart module consists of two, eight hour days, providing 16 contact hours for CECS*.

MAT JUMPSTART COURSE OBJECTIVES

Teach therapists and trainers how to objectively evaluate and identify biomechanical imbalances within the human body.

Show how to identify and eliminate positional weakness that may lead to injury or further compensation.

Raise the level of understanding of how biomechanical imbalances lead to repetitive stress and chronic overuse injuries.

Fill in the missing link within the progression continuum.

Create an awareness that exercise may lead to dysfunction.

Help therapists and trainers prove that what they are doing is actually working.

Examine how muscle tightness is secondary to muscle weakness.

For more information on Greg Roskopf's Muscle Activation Techniques

Call 1-877-999-9MAT, ext. 2

www.muscleactivation.com

*These courses are registered with ACE and may be petitioned for approval by all other certifications and licensing organizations.

COURSE SELECTION

(Please fill in the date and location. Check module title)

Cost: \$395 per Module

By signing up and paying for all three, you save \$60 per module.

Course Date: ___/___/___ Location: ___
 Lower Extremity Upper Extremity Trunk & Spine

Course Date: ___/___/___ Location: ___
 Lower Extremity Upper Extremity Trunk & Spine

Course Date: ___/___/___ Location: ___
 Lower Extremity Upper Extremity Trunk & Spine

*For current Dates & Locations, please **CALL: 1-877-999-9MAT, ext. 2** or **EMAIL: muscleactivation@qwest.net**, or **VISIT: our website at www.muscleactivation.com**

MAT JUMPSTART REGISTRATION

Please fill out this form or register on-line at www.muscleactivation.com

I am registering for ___ courses.
 Enclosed is a check in the amount of \$_____.
 (PLEASE MAKE CHECKS PAYABLE TO: MAT)

First Name _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____

Email: _____

MAIL FORM & TUITION TO:
 Muscle Activation Techniques
 Jumpstart Coordinator
 5555 DTC Parkway Suite C-3300
 Greenwood Village, CO 80111

***To pay by Credit Card, please call 1-877-999-9MAT, ext. 2.**