

# Strength

BOOTCAMP

For More Information:  
[www.vitalgaitway.com](http://www.vitalgaitway.com)  
860-324-6926



## How Can Such Simple Movements Be So Hard? \$35.00

### Do you even know what your weakest muscles are?

Many of my clients are fitness professionals and exercise enthusiasts who are shocked to discover just how weak their weakest muscles are.

That's because you can go through life, and even an extreme athletic event, without utilizing your whole body. Most of us move using the easiest motor programs. That sounds like efficiency, but in a population raised sitting in a school room, sitting on a bicycle, sitting at the dinner

table, sitting in front of the TV—computer—video console (see a pattern?)...muscle weaknesses created by this lifestyle are compensated for until disease and degeneration stop us in our tracks.

In this workshop you will learn:

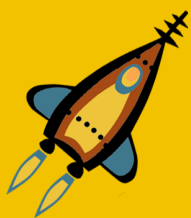
- You own a muscle called the gluteus medius, and how to make it work
- A small foam block can feel very heavy to one of the largest muscles in your back
- How weak your quadriceps are, even though it might be your most developed muscle.

- How to get super-strong inner thighs, finally, in 5 reps.
- How to access and develop the deep abdominal muscles without any crunches

### Dates: (choose one)

Saturday, August 3rd  
11:30 AM—1:30 PM

Monday, August 12th  
6:30—8:30 PM



Restorative Exercise™ Specialist, Christine Altman leads this dynamic workshop to explore each individual's culturally induced movement habits that create large areas of atrophied muscle. Learn to evaluate your strength, isolate barely-utilized muscle, learn novel motor programs and experience unimagined vitality. Improve your performance in EVERYTHING.  
Class takes place at The Vital Gaitway, 462 Prospect Street, Torrington, CT