

MOVEMENT RESTORATION COACH



MRC

Learn proven functional rehab protocols
from the leading sports physio
educators rehab trainer.

Functional Training Institute
Movement Restoration Coach
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FTI INSTITUTE
MRC REHAB TRAINER

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FTI IS NOT YOUR ORDINARY COMPANY

The **Functional Training Institute** (FTI) is a movement-based education company focusing on Functional Training and Movement Restoration-based training methodologies.

We focus on an evidence-based and hands-on approach to educate and elevate the skill-sets of movement based coaches and practitioners.





COACH
EMPOWER
EDUCATE

FTI FUNCTIONAL TRAINING
INSTITUTE 

OUR VISION IS HELPING PEOPLE FULFILL THEIR POTENTIAL

by educating health & fitness communities

REHAB TRAINER

MRC
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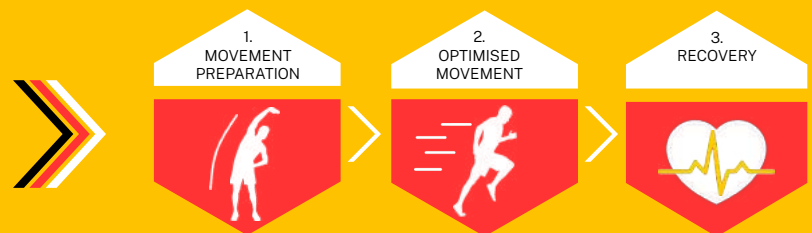


MRC MODEL

RECOVERY PROTOCOL



MOVEMENT RESTORATION COACH SYSTEM



PILLAR OF INJURY PREVENTION

WHY MRC

The Movement Restoration Coach program makes you the cutting edge expert in injury prevention so that your clients can move more freely.

Increase your confidence and build authority when you learn how to effectively create and implement a successful rehab training models for your clients.

Learn proven functional rehab protocols from the leading sports physio educators rehab trainer.

HOW DOES THE PROGRAM WORK?

The MRC Fuses the best of the functional world with that of rehab and corrective protocols. It is the coming together of two of the world leading companies Functional Training Institute and Rehab Trainer to provide a premium level of education around the concept of injury prevention.



Throughout the program, you will accrue and gain 5 international certifications, culminating in the Movement Restoration Coach framed certificate and accredited logos.

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The program is delivered over 6 months in the following format:

ACCESS TO OUR ONLINE EDUCATION PLATFORM

Gain access to videos, manuals, templates.

ACCESS TO OUR GOXPRO APP

Learn and apply our assessment protocol and corrective exercises via the app.

LIVE WORKSHOPS

The workshops are broken into the following modules:

- Movement Preparation Systems
- Recovery Systems
- Assessment Systems

Corrective Systems – Upper Limb
Corrective Systems – Lower Limb
Corrective Systems – Spine

MOVEMENT PREPARATION MODULE

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The fundamentals of movement preparation takes the guess work out of choosing the most appropriate resistance-band exercise for your client. Teaching a large amount of exercise in isolation is not the most effective way to use any tool.



WARM

MOVEMENT PREPARATION

Resistance bands have been a popular tool among fitness trainers for a long time. However, the vast amount of resistance band exercises that can be found on the various social media channels can make the decision on which exercise to choose, daunting. The fundamentals of movement preparation takes the guess work out of choosing the most appropriate resistance-band exercise for your client. Teaching a large amount of exercise in isolation is not the most effective way to use any tool.

This course will break down key resistance band exercise selections into five different modules, specifically targeting whole body movement preparation, mobility, activation, potentiation and general strength.

Using scientifically proven movement preparation strategies this course will teach you how to effectively use the resistance band to develop and advanced warm up program as preparation for the upcoming training session, but also as a tool for motor skill development that can cultivate the skills and movement capacities need to accelerate movement capacity.

Finally, this course will teach participants how to best utilize the resistance band to assist and resist strength development in clients ranging from novice to advanced levels.

LEARNING OBJECTIVES

MOVEMENT PREPARATION WORKSHOP MODULE

- MRC students will be able to demonstrate a knowledge of the scientific principles of elastic resistance training for muscular fitness.
- MRC students will be able to describe the safety precautions for resistance-banded exercises.
- MRC students will be able to demonstrate a knowledge of the R.A.M.P protocol and its application to movement preparation programs.
- MRC students will be versed in explaining the coaching requirements of the following “raise component” exercises: resistance-banded run throughs and their variations and resistance-banded bear crawls and their variations.
- MRC students will be versed in explaining the coaching requirements of the following “activation component” exercises for the lower limbs: clams, hip bridges, prone hip extensions, crab-walks, hip activation flows.
- MRC students will be versed in explaining the coaching requirements of the following “activation component” exercises for the upper limbs: shoulder taps, push-up walks, scapula activation flows.
- MRC students will be versed in explaining the coaching requirements of the following “mobilize component” exercises for the lower limbs: banded-ankle, banded-hip flexor, banded-hip adductor and banded-hip mobilisation flows.

LEARNING OBJECTIVES

MOVEMENT PREPARATION WORKSHOP MODULE

- MRC students will be versed in explaining the coaching requirements of the following “mobilize component”, exercises for the upper back and upper limbs: banded-thoracic rotations, banded-thoracic extensions, banded-shoulder flexors and extensors, banded-wrist extensors.
- MRC students will be versed in explaining the coaching requirements of the following “potentiation component” exercises: banded-squat jumps, banded-broad jumps, banded-thrusters, banded-jump and press, banded-squat and rows, banded-pull throughs.
- MRC students will be able to demonstrate an understanding of the principles of banded-resisted and assisted training.
- MRC students will be versed in explaining the coaching requirements of the following “assisted” resistance-band exercises: assisted-push-ups, assisted pull-ups, assisted-dips, assisted single-leg squats, assisted squats.
- MRC students will be versed in explaining the coaching requirements of the following “resisted” resistance-band exercises: push-ups, squats, deadlifts, single-leg deadlifts, good-mornings, parlov-press, wood-chops.
- MRC students will be able to plan and deliver a movement preparation program utilizing the R.A.M.P protocol to meet the requirements of a low to moderate risk client.

RECOVERY SYSTEMS MODULE

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A structured recovery program must be part of every training program, to allow the body time to adapt to the stress of exercise. Increasingly, Fitness training enthusiasts are embracing the same recovery strategies used by an elite athlete. However, many fitness professionals remain uncertain about the effectiveness of these recovery strategies and how to implement a recovery program with their clients.

THE WAY

RECOVERY SYSTEMS

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Recovery is an integral part of the training cycle, as a fitness professional, it is your responsibility to educate your client on the need for recovery, particularly as they progress to more intensive training.

In this course, on coaching recovery, you will learn the purpose of recovery and be introduced to a wide range of proven recovery training strategies, that will be delivered in a one-on-one or group setting.



Be at the forefront of high-performance fitness training by becoming a recovery coach who can specialise in fatigue management and performance optimisation.

LEARNING OBJECTIVES

RECOVERY TRAINING LEARNING MODULE

- MRC students will be able to explain the role of passive and active recovery in aiding performance and recovery from exercise.
- MRC students will be able to explain the safety precautions and contraindications for static stretching, PNF-stretching, partner-based stretching and self-myofascial release exercises using the foam roller.
- MRC students will be versed in explaining the coaching requirements of the following “stretching flow routines”: Kneeling Flow Sequence, Prone-lying Flow Sequence, Supine Lying Flow Sequence, Standing-lateral Flow Sequence.
- MRC students will be versed in explaining the coaching requirements of the following “resistance-band assisted static stretches” for the lower body: supine-lying hamstring and calve, supine-lying adductors, supine-lying abductors/ITB, prone-lying quadriceps.
- MRC students will be versed in explaining the coaching requirements of the following “resistance-band assisted static stretches” for the upper body: standing chest, seated-thoracic rotation, overhead latissimus Dorsi, standing wrist-extension.
- MRC students will be versed in explaining the coaching requirements of the following “hold-relax, contract-relax and C.R.A.C PNF stretches utilising the resistance-band” for the lower body: supine-lying hamstring and calve, supine-lying adductors (banded), supine-lying abductors/ITB, prone-lying quadriceps.

LEARNING OBJECTIVES

RECOVERY TRAINING LEARNING MODULE

- MRC students will be versed in explaining the coaching requirements of the following “hold-relax, contract-relax and C.R.A.C PNF stretches utilising the resistance-band” for the upper body: standing chest, seated-thoracic rotation, overhead latissimus Dorsi, standing wrist-extension.
- MRC students will be versed in explaining the coaching requirements of the following “self-myofascial release” exercises for the lower limb: seated calve, side-lying peroneal’s, side-lying ITB, seated glute, prone tibialis anterior, prone adductors, prone quadriceps.
- MRC students will be versed in explaining the coaching requirements of the following “self-myofascial release” exercises for the upper limbs: supine thoracic extensors, side-lying lats.
- MRC students will be versed in explaining the coaching requirements of the following “breathing and relaxation exercises”: three-dimensional diaphragmatic breathing, progressive muscle relaxation and supine-leg drainage.
- MRC students will be able to plan and deliver a recovery program to meet the requirements of a low to moderate-risk client.

ASSESSMENT SYSTEMS MODULE

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**Minimize and fix
Injuries with Functional
Fitness Tools, using a
cutting edge assessment
protocol.**

Functional movement practitioners pride themselves on teaching the safest forms of exercise. Yet, research shows countless clients get injured from it - mindlessly doing high intensity and highly skilled lifts, carelessly heaving kettlebells around and showing terrible form on suspension training!

*Of course preventing
injuries is all about HOW you
teach it-but*

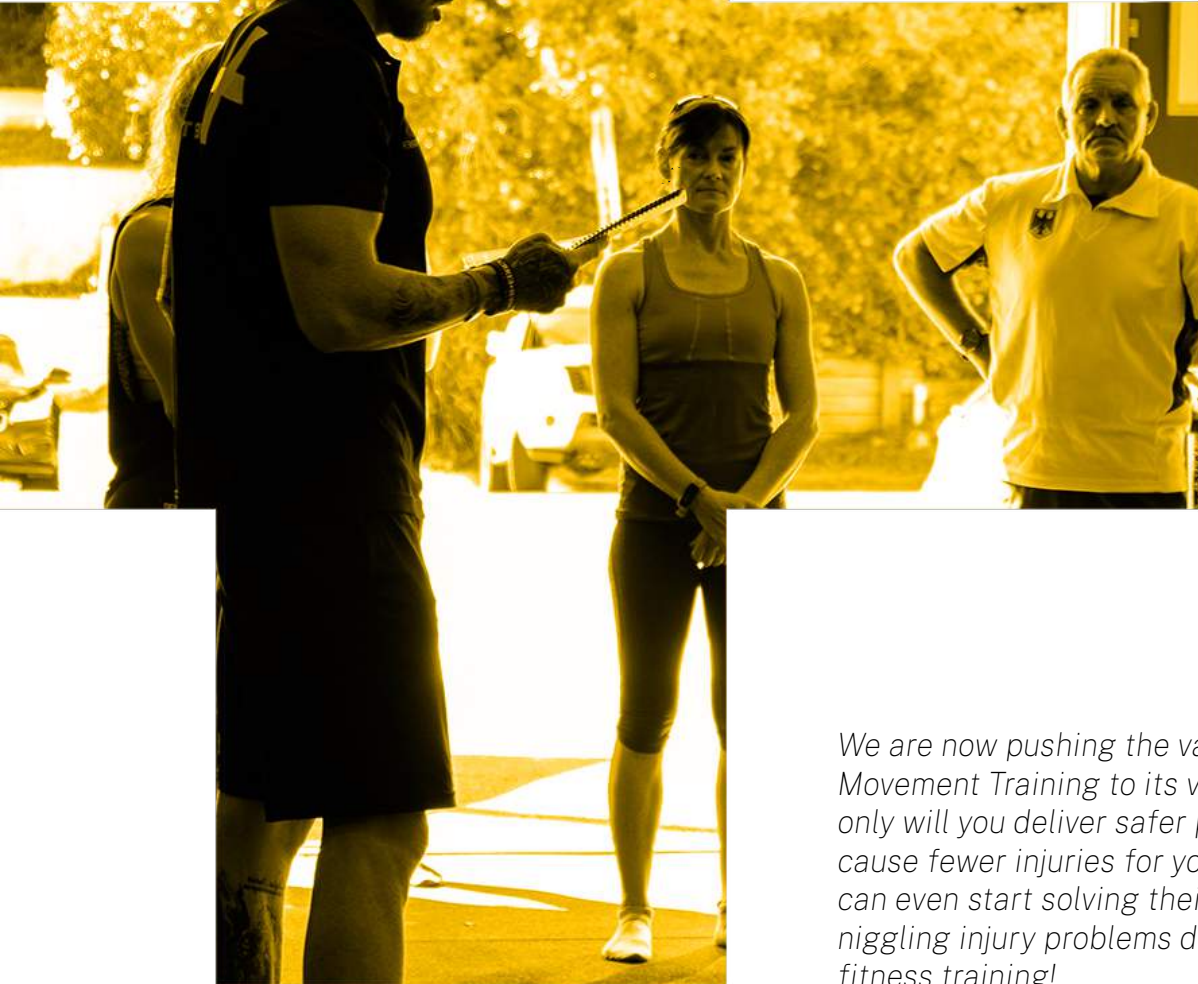
DID

YOU KNOW



-how to modify and use activation drills within your Kettlebell regime to ensure those shoulders aren't developing impingement under your very nose?

-that Physiotherapists are starting to use Suspension Training and Power Bags for their incredible value in fixing chronic and niggling injuries?



We are now pushing the value of Functional Movement Training to its very limits... Not only will you deliver safer programmes that cause fewer injuries for your clients, you can even start solving their chronic and niggling injury problems during functional fitness training!

THE WAY

ASSESSMENT SYSTEMS

You will get a new understanding of:

1. Human Movement and Anatomy
2. How to assess for Movement Dysfunctions
3. Myo-Fascial Release Techniques
4. Stretching Techniques
5. Activation Drills
6. How to reteach better movement patterns

CORRECTIVE SYSTEMS OVERVIEW

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In this section of the program, students will learn the world-class Rehab Trainer Protocols around addressing imbalances and asymmetries in the musculo-skeletal system. This program comes with online modules including the “Rehab Express Online” course.



***effectively
correct the 5
main muscle
imbalances...***



Learn how the world-class REHAB method can help you effectively correct the 5 main muscle imbalances that most clients suffer from, and that underpin so many chronic niggling biomechanical problems.

THESE

YOU WILL

LEARN

Discover

enough about HOW injuries are created to prevent many happening - understand the negative powers of “Holding Patterns”, asymmetry and muscle imbalance.

Learn

three quick Screening tests that may indicate an injury is “High Risk” and needs referral to a physiotherapist as a high priority.

Understand

the 5 Main Muscle Imbalances that afflict the shoulder, knee/hip and low back, setting clients up for injury, or turning them into chronic issues.

Receive

and be taught techniques with the Posture Pro tool for “Turning Down” dominant areas of fascial tightness, muscular trigger points, and mobility barriers.

Use

the simple “Rehab Wand” (short dowel) to retrain faulty movements and teach activation drills for inhibited muscles for each of the 5 main muscle imbalances.

Blend

new movements into functional patterns, lifestyle, and set homework for your clients to keep them improving in their own time.

LEARNING OBJECTIVES

- MRC students will be able to apply a knowledge of the Rehab Record and Assessment Cards as their critical Risk minimization tools for problems.
- MRC students will be able to apply a knowledge of the Risk Assessment for LL.
- MRC students will be able to apply their understanding of Muscle Imbalances (“MI’s”) work and the overall theory of how to correct them.
- MRC students will be able to demonstrate an understanding of the five simple functional movements and apply this understanding in a LL MI assessment.



LEARNING OBJECTIVES

LOWER LIMB

Corrective Systems



• MRC students will be able to demonstrate an understanding of Three New MI's for the LL which includes The Functional Anatomy of each, and how to observe each with the five Functional Movements, consisting of:

1. Hamstring DOM Gluteus Maximus and Quadriceps
2. Gastrocnemius DOM Soleus
3. Peroneus Longus DOM Tibialis Posterior
 - Tensor Fascia Lata DOM Gluteus Medius (R/v from Express)
 - Vastus Lateralis DOM Vastus Medialis (R/v from Express)

LEARNING OBJECTIVES



LOWER

LIMB

Corrective Systems

- MRC students will be able to apply a knowledge of Posture Pro techniques to loosen above LL dominant muscle. MRC students will also be able to apply a knowledge of a “Selfie” for each, and an effective stretch for each MI.
- MRC students will be able to apply a knowledge of Activation Drills for inhibited musculature of the LL MI’s.
- MRC students will be able to apply a knowledge of all LL MI corrections into functional training movements, and lifestyles for each of the LL MI’s (including those from Rehab Express in earlier Module II).

LEARNING OBJECTIVES

- MRC students will be able to apply a knowledge of the Rehab Record and Assessment Cards as their critical Risk minimization tools for problems encountered in the Upper Limb (UL).
- MRC students will be able to apply a knowledge of a Risk Assessment for UL – four Q's and four T's are explained.
- MRC students will be able to demonstrate an understanding of five simple functional movements to apply in their UL MI assessment.



Corrective Systems
LIMB

UPPER

LEARNING OBJECTIVES

Corrective Systems

LIMB

UPPER

• MRC students will be able to demonstrate an understanding of three (3) New MI's introduced for UL and apply an understanding of functional anatomy of each, and how to observe each with the five Functional Movements consisting of:

1. Downward Rotators Scapula DOM Upwards Rotators
(focus Pec Min DOM Serratus Anterior)

2. Upper Traps DOM Lower Traps

3. Pronator Teres DOM Supinator

- Pec Min DOM Lower Traps (R/v from Express)
- Posterior Cuff DOM Subscapularis (R/v from Express)



LEARNING OBJECTIVES

- MRC students will be able to demonstrate an understanding of Posture Pro techniques to loosen above UL dominant muscles.
- MRC students will also be able to apply a “Selfie” for each, and an effective stretch for each MI.
- MRC students will be able to apply a knowledge of Activation Drills for inhibited musculature of the UL MI’s.
- MRC students will be able to apply a knowledge of UL MI corrections into functional training movements and lifestyles for each of the UL MI’s (including those from Rehab Express in earlier Module II).

LIMB

Corrective Systems



UPPER

LEARNING OBJECTIVES

- MRC students will be able to apply a knowledge of the Rehab Record and Assessment Cards as their critical Risk minimization tools for problems encountered in the Spine (SP).

- MRC students will be able to apply a knowledge of a Risk Assessment for SP – four Q's and four T's are explained.

- MRC students will be able to demonstrate an understanding of five simple functional movements to use in their SP MI assessment.

Corrective Systems

SPINE

LEARNING OBJECTIVES

Corrective Systems

SPINE

• MRC students will be able to demonstrate an understanding of three (3) New MI's are introduced for SP and apply an understanding of functional anatomy of each, and how to observe each with the five Functional Movements consisting of:

1. Thoracic Flexors DOM Thoracic Extensors (or visa versa)

2. Outer Trunk (Superficial Abdominals, Quadratus Lumborum and Psoas) DOM Inner Core (Pelvis Floor, TrAbd)

3. Neck / Upper Respiratory muscles DOM Diaphragm
• Posterior Chain DOM Multifidus (R/v from Rehab Express)

LEARNING OBJECTIVES

SPINE

Corrective Systems

- MRC students will be able to apply a knowledge of Posture Pro techniques to loosen above LL dominant muscles, how to perform a “Selfie” for each, and an effective stretch for each. MRC students will also demonstrate an awareness that some Posture Pro techniques cannot be performed for all above dominant areas.
- MRC students will be able to apply a knowledge of Activation Drills for inhibited musculature of the SP MI’s.
- MRC students will be able to apply a knowledge of SP MI corrections into functional training movements and lifestyles for each of the SP MI’s (including those from Rehab Express in earlier Module II).



PETER LUCAS

This course has been amazing. I really enjoyed the first 3 weeks but the Rehab Trainer portion is exactly what I've been looking for. I absolutely love the principle behind it and how easy it is to implement. Thank you for sharing your knowledge.

SOCIAL PROOF



SIMON WARWICK

Step One Personal Trainer

Completing the MRC program has also allowed me to offer them a service which is not generally within the realm of your standard Cert IV trainer. I also find that I have developed better relationships with both the clients, and the allied health professionals, as they can both see that I have my clients best interests at heart. I would strongly recommend the Movement Restoration Coach program, to any trainer who wants to upskill in the rehab area, and set themselves apart in today's competitive fitness industry.



TASH PEAKE

The MRC course has increased client growth by teaching the correct movement of the body as a whole. The way in which we move daily has a massive impact on our body. The support online and face to face along with group chats and discussion is truly supportive and extremely professional. Thanks for providing such great courses FTI, the knowledge and worth is in your training which has kept my business growing to be the professional trainer I have become.

SOCIAL PROOF



WHITNEY MUSCAT

The Movement Restoration Coach program is one of the best things I could of done to better as a coach. I've gained so much knowledge and I'm very excited to apply this course to my own self growth as well as my clients. I have a clearer understanding of how the body moves and how it heals. Thank you FTI and Rehab Trainer for this fantastic program. I highly recommend this program to all personal trainers in the industry!

WANT TO BECOME THE NEXT MOVEMENT RESTORATION COACH?

Find out more today!



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