

Free Webinar

**“TRAINING METHODS WITH
KINEO INTELLIGENT LOAD FOR TRAINING,
REHABILITATION AND INJURY PREVENTION”**

Thursday **23 April** 2020
at **10.00 am** CEST

The Specialists



Lorenzo Casagrande

B.Sc. in Sports and Exercise Science
S&C Basketball Coach
Kineo Master Trainer



Fausto Simonetta

M.Sc. in Sports Science
Certified manual therapist-idro therapist (MCB)
Former S&C Coach
Rehab Specialist c/o Lugano FC Female Soccer



Topics

- The Biphasic Load method:
concentric-eccentric differentiated training
- Closed Kinetic Chain exercises with the
Elastic method
- Treatment of painful pathologies with
Smart Viscous method
- Muscle injury prevention with VLC Variable Load

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Kineo Webinar

- Time length 1h30"
- You can interact in real time with out
specialist during the whole session

How to join

- Have a good internet connection and a
device (smartphone, tablet, or PC)
- Click "Join the webinar" on the day and time
indicated above

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