

3 Free Webinar - February 2021

KINEO INTELLIGENT LOAD

Monday **01**: **Shoulder instability:**
what you need to know

Monday **08**: **Hamstring injuries:**
from injury reduction to eccentric strength training

Monday **15**: **Core stability:**
how to back up our back

The Specialist



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UEFA B soccer coach

S&C coach in rugby: - 2015, Benetton Rugby

- 2017 HPP University of Exeter

- youth teams



Topics

Monday **01** at **9.30 am CEST**

Shoulder instability: *what you need to know*

- Scientific literature of shoulder instability
- Factors dictating shoulder instability
- Rehab and training ideas from the scientific literature
- Practical advices for shoulder strengthening

Monday **08** at **9.30 am CEST**

Hamstring injuries: *from injury reduction to eccentric strength training*

- Scientific literature of hamstring injuries
- Main (co)factos of hamstring injuries
- Strength training after hamstring injury
- Testing sessions for hamstring muscles

Monday **15** at **9.30 am CEST**

Core stability: *how to back up our back*

- Anatomy of core stability
- Scientific literature of core stability
- Core stability strength training
- Practical advices to support your (lower) back

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Kineo Webinar

- Time length 45"
- You can interact in real time with our 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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