

# Mike Reinold - Champion Performance Therapy and Training System

This system was developed in the last 20 years to help with both rehabilitation and business. and fitness professionals... and successfully used daily to help 1000's of people, ranging from weekend warriors to professional athletes, restore, optimize and You can help them improve their skills.

A comprehensive program to help you get started fast for those early in their careers... or to show you how to refine what you are currently doing to get even better results for those already established in the middle of your career?

A simple system that you can follow... so that you can feel comfortable knowing that you'll always know what to do so you aren't overwhelmed with how to assess, treat, and train people?

And at the end, if you could use this system to grow your expertise... become the go-to person for people with more advanced goals... have a blast going to work every day knowing your schedule is packed with these people... and Even more revenue! and Do you want to regain some control over your life?

When we started Champion PT and PerformanceOne of our greatest goals was to create a standardised approach to looking at movement. and You can then quickly determine the best treatment. and For this person, we have training programs. We created a system that could be used by physical therapists consistently. and Strength coaches. It had to be easy to implement. and We learned new things and made it scalable.

This really helped us. And now I want to share this system because I know how much it's going to help you.

That's what The Champion Performance Therapy & Training System We are here to help.

A trusted source of education... in a clear, understandable, self-paced learning format that suited your schedule.... and With real-Life advice to guide your professional growth.

What can the program do for you?

THE CHAMPION PERFORMANCE-SPECIALIST PROGRAM HAS ONE PURPOSE To enable rehabilitation and To help people optimize, fitness professionals need to be masters and Enhance their performance. This will allow you to be a sought-after expert and work with more people who you love helping. and You can be confident that you can help them reach their goals.

## A Clear, Organized, and Clear Organization and Proven System

By following a comprehensive system, you'll always be confident that you can consistently and Effectively helping people. We've spent 20 years building and We are constantly improving our system. ChampionSo you can jump right in without feeling overwhelmed. We'll help you jump right to what we know works.

Get your schedule filled with clients you love helping

You're going to be super excited and You will be motivated to get to work each day knowing that you have a full schedule with people you enjoy helping. You'll have a blast each day confidently working with more advanced level people.

Be known as a highly sought-after specialist

Words travel fast. You're going to become known as the expert in your area at helping people with their performance, allowing you to have greater control of your day as people seek you out.

Potential for More Revenue

As you become known as an expert in your area, you'll potentially unlock extra revenue potential by things like starting a side business, adding cash-You can even have consulting or based services and speaking engagements.

What's Inside the Program?

Complete Movement Assessment System

The Champion Integrated Movement Assessment examines our 9 fundamental movements patterns and posture. We'll go over the step-By-Step approach to our movement assessment and All the possible compensations we are looking for in each movement will be covered. We'll then detail our entire breakdown assessments for the upper body, lower body, and core. You'll be able to quickly and It is easy to follow a systematic approach to studying movement and Create a checklist to help you plan your programming.

Champion Assessment of Integrated Movement

Mobility and Corrective Exercises

Complete Mobility and Corrective Exercise System

We'll review our entire system to restoring mobility, strength, and Dynamic control with self-Mobility drills and corrective exercises. You'll be able to use these drills and Restoring the environment and Optimize mobility and neuromuscular control. You'll be able to quickly and Easy to pick drills based off the movement assessment results  
Complete Manual Therapy and Exercise Drill System

Manual therapy is our entire approach, including all soft tissue treatments. and joint mobilization techniques, plus our entire manual strength and dynamic stabilization programs. We'll cover our exact multi-Phase progressions in manual strength and Dynamic stabilization exercises for the upper and lower bodies and core.

Manual Therapy Techniques

Strength and Conditioning

Complete Strength and Conditioning Training System

Our entire system of performance-based strength and Based on the movement assessment, conditioning. We'll cover our program design system, all the components that go into each of our programs, how we regress and Progress exercises and Periodize your efforts over time to optimize performance. You'll learn how we apply these concepts to both rehabilitation and Performance programs

Everything you need to get started

Comprehensive Online Program

The Champion Performance Therapy and Training System It is completely online. The program is immediately accessible online and You can move through the material at your pace. You can access the program using any internet-connected device including tablets. and phones from any location in the world at any hour of the day or night. Plus, you'll have lifetime access to the program and You may review the materials at any moment in the future.

You'll have a complete reference to go back to over and over and You will master the material over and over.

We prefer the online format to allow students to go at their own pace, start implementing what they've learned right away, easily review the materials, and Truly master the program.

champion performance specialist mike reinold

Extensive Exercise Video Library

The program includes a large video library with exercises and Each drill that we do and Every day. The program can be adapted to suit your preferences. and drills, we'll show you exactly what we do for each movement pattern. You can easily do the exact same things we do or mix them. and You can match the system with what you already have, making it customizable and As we learn more, it will be scalable in the future.

All our mobility and corrective exercises

All of our manual therapy techniques

All our manual resistance and dynamic stabilization drills

All our strength and power and Training exercises for agility

All our regressions and Our training exercises are progressively advanced

## All Forms and Checklists that you need

Once you are granted access to the programme and materials, you'll find all the checklists, forms, and We use cheatsheets at Champion. They're all yours to use with the people you work with. We want you to be able follow along in a systematic manner. and Structured flow to ensure consistency in results These include:

Assessment form for movement and checklist

Diagram of breakdown flow sheets

Manual exercise progression sheets

Exercise regression and progression list

Make yourself a success! Champion Performance Specialist and CEU Credit











After completing the program, you'll be eligible to take a short examination to become a Champion Performance Specialist (C).-PS). Our students usually pass their first attempt. But just in case you don't, you'll have the ability to try again. And of course, we're here to help you along the way if you need it. You'll become one of the first people to be able to distinguish themselves as a C-PS and The same system is used by professional athletes in all major sports, as well as weekend warriors and fitness athletes.

The Champion Performance Therapy and Training System Program has been approved and Continued education credits are available for assistants, physical therapists and athletic trainers. and Fitness professionals can access the FSBPT and FL State PT Boards, NY State APTA, OH State PT Association, Texas Board of PT Examiners. and AFAA. More information can be found in the FAQ section.

Even if your certification isn't listed here, our past students have successfully petitioned and CEU credit was granted by most licensing and certification authorities. Our student member portal contains a Continuing Ed Credits Approval Information Guide that you can access. It includes everything that you need for additional approval.

**Here's what you can expect in the new book Mike Reinold – Champion Performance Therapy and Training System**

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