

Introduction to the course



What you are going to get

- Up to date information
 - Compiled knowledge about mobility workouts
 - An easy to follow step-by-step guide that will help you move with more freedom
 - Huge variety of mobility exercises: different tissues respond optimally to different exercises, you learn how to target muscles, joints and nerves with different techniques
- After the course you know how to make informed decisions about mobility workouts:
 - what you need to do
 - when you need to do it
 - how you are going to do it



What you are going to get

- Online assistance from the teachers
 - We have a closed Facebook group called **KT Movement & Health** for all of the students. Here you can discuss your progress and ask questions if you have difficulties
 - You can also start a private chat with us and we will help you if you are having any difficulties with the course
 - This group will be available a year at a time. And we will continue it if there are new student's signing up for this course.
 - You can find a link to this Facebook group in the text below this video



After this course

- Your overhead training will become more efficient due to increased ease of movement in the neck & shoulders (snatches, shoulder presses, pull-ups)
- Increased movement in the upper back makes generating rotational forces easier in your sports (golf, grappling, running)
- Movements that need elbow and wrist mobility, such as push-ups, front squats & hand standing will be easier to do



After this course

- Your neck stiffness will be lessened
- Your shoulders will feel lighter
- Cramps and stiffness in the forearm are dealt with
- Your upper back and shoulder blade will feel renewed



Save money by doing it yourself

- Average cost of massage=60\$ & chiropractic care=30-200\$
 - 5 visits to massage=300\$, 10 visits=600\$
 - 5 visits to chiro=150-1000\$, 10 visits=300-2000\$
- Average massage in our homecountry of Finland is somewhere between 40-65€
- In our course you will learn efficient techniques that lower your need for seeking outside help for stiffness.
 - But if you do, it will result a better outcome for the massage/chiro/osteopathic session.
 - In addition, you can do the exercises with your family, so that they can also benefit from this course content



About us

- KT Movement & Health Solutions:
 - two physiotherapists, specialised in musculoskeletal disorders
 - after graduating, countless additional courses & training for msk problems
- our typical clients are athletes, actively moving people & sedentary adults
- combined clinical experience of over 10 years



Teemu Viskari, pt



Markkus Puolalainen, pt



Affiliate students?

- If you find this course awesome and valuable and you want others to experience and learn the same tricks, you can become our affiliate student
- If you opt in as an affiliate student
 - You get your own link to share
 - If you share the link & people buy our course through your marketing(link) you will get **20% commission** of that sale.
 - So if our course costs 267\$ **you will get 53.4\$** from every sale made from your affiliate link. So 10 people buying the course will get you **double the money back** what you spent on buying this course (**534\$**).
- This is a great way to share the course and earn little on the side.
- If you want to become an affiliate student just message us!
 - info@kunnontuki.com

