



2XL POWERLIFTING PRESENTS

\$75 for clinic only

**\$150 for clinic and 10 week
program design provided by
2XLPowerlifting certified
strength coach**

POSTURAL RESTORATION FOR STRENGTH

CLINIC



**SAT
FEB 3
1-5PM**

20 YORKTOWN CONV. CTR, LOMBARD, IL

FIND YOUR STRENGTH & CALL TODAY

Physical therapist Dan Hougum is certified through the Postural Restoration Institute and will be presenting on how to correct imbalances, with a special focus on the inherent imbalances caused by heavy strength development. Included in the clinic will be assessments of the hips and shoulders to evaluate each participant's imbalances. Hougum will then demonstrate and take participants through exercises that can be incorporated into a pre-strength training lifting routine as well as a post-workout cool-down designed help correct those imbalances.

630-677-4358 for more info

Register at 2xlpowerlifting.com