

R2 Design Virtual Labs

Reconditioning Revolution Mastermind Community

LAB 1: The needs analysis: Refining your purpose

Video content to watch pre-lab: ~ 1.25 hrs

Module 0, 1, 2, 12, 13 & 14

Fundamentals, Case Study Review and Gathering info for the Needs Analysis

LAB 2: Analyzing movement like a pro - Video Analysis

Video content to watch pre-lab: ~ 2.25 hrs

Modules 7, 8, 9 & 10

Video analysis: Principles, Sport movements, daily and gym movements, case study daily, gym and competition video analysis

LAB 3: Next level Neuro Assessment process - Visual and Vestibular Systems

Video content to watch pre-lab: ~ 3.25 hrs

Module 4

Neuro Reconditioning Vestibular and Visual assessments & drills.

LAB 4: Fit the plan to the client - Contextual Considerations

Video content to watch pre-lab: ~ 0.25 hrs

Module 10

Contextual Assessment, understanding the considerations on assessing specific capability, capacity and purpose of the client's movement goals.

LAB 5: Reverse Engineering - "Start with the end in mind."

Video content to watch pre-lab: ~ 2 hrs

Module 11

Exercise selection and design, progressions, regressions, contextual adaptations

LAB 6: Closing the loop - Integrating neuro drills

Video content to watch pre-lab: ~ 3.3 hrs

Modules 19

Reviewing the neuro assessments and drills, how to integrate this into your rehab or training plan, getting buy-in etc.

LAB 7: Putting it all together - Program Design and Return to Performance

Video content to watch pre-lab: ~ 1.75 hrs

Module 15, 16, 17 & 18.

Program design, three stage programming, programming parameters, case study from A to Z.

LAB 8: Building a Neuro Reconditioning Practice and Next Steps

How to market your skills, attracting the right clients, maintaining a steady referral source, challenge convention and build a great reputation, do things differently, small changes for big effects, pitfalls to avoid, etc.
