

Chain Reaction™ TRANSFORMATION

Transforming Functional Strategies
Into Powerful Exercises and Techniques

2010 Course Schedule

Chain Reaction™ TRANSFORMATION

Your Presenters



Gary Gray PT is the originator and developer of many nationally acclaimed educational programs, including the "Chain Reaction" series of seminars. He is the recipient of the prestigious 2002 John Maley Award which recognizes an individual for innovation in physical therapy. Referred to as "Father of Function" and the leading pioneer and authority in rehabilitation and training, Gary is a respected physical therapist, trainer, educator, author, coach and successful inventor. He has transformed his functional and biomechanical understanding of the body into the most effective performance-enhancement, injury prevention, and rehabilitative applications. Gary's passion for education and sharing, along with his innovation and desire, allows him to translate the complexities of human function into simple and effective techniques. Gary's goal to enhance the lives of professionals and the lives of those they treat and train.



David Tiberio PhD, PT, OCS is a former Associate Professor at the University of Connecticut. David teaches in the area of kinesiology, therapeutic exercise and musculoskeletal dysfunction. His research interests include muscle activity during functional exercise and the relationship between foot and leg function. David has published articles in *Physical Therapy*, *Foot and Ankle*, *Clinical Biomechanics* and *JOSPT*. He is the editor for the Function Junction website. David has taught numerous courses with Gary Gray over the past 24 years. Dave is a faculty member and the Academic Dean of the Gray Institute for Functional Transformation (GIFT).



Doug Gray is an accomplished young businessman, entrepreneur, national lecturer, author, coach, and trainer with a deep understanding and experience in Applied Functional Science. He has worked extensively with kids, parents, coaches, trainers, therapists, and professional athletes. Doug is a faculty member and the COO of the Gray Institute for Functional Transformation (GIFT). He annually produces and manages Hot Rock Camp, Girls of Summer Camp, and 3-D Personal Conditioning Camp, all of which have been primary research and development venues for Fridoma. He has participated in the development and production of numerous seminars and videos dealing with Functional Training and Rehabilitation.

Participants had this to say about Chain Reaction™ Transformation and Gary, David, and Doug:

- "What a dynamic trio!...brought attention to the functional material...not themselves."
- "My patients have no idea what's in store for them. I can't wait to help them help themselves."
- "The functional strategies shared apply to prevention, training & rehabilitation of anyone."
- "Great to have three speakers - all knowledgeable and expert with a relaxed open approach."
- "I am so excited about what I have learned I can hardly wait to get back to the clinic."
- "Practical information regarding biomechanics in relation to function."
- "This was the most pleasurable, valuable seminar I have ever attended."
- "So original and functional. Can't wait for further opportunities to learn together."
- "Entirely new concept! I wish I could've learned this years ago."
- "Everything organized well. Excellent syllabus to follow. Taught me to always question why."
- "Atmosphere was relaxed, perfect for questions. My interest was captivated."
- "You brought us full circle. We were forced to empty our cups and re-learn what we already knew...but, with a functional perspective."

Mentorship Program

Educational DVDs

Live Events

Fitness Products



www.grayinstitute.com

- Gray Institute for Functional Transformation, GIFT (40-week Mentorship)
 - Functional Video Digest Series (48 Issues to choose from)
 - Fast Function (NEW DVD series!!!)
 - Female Chain Reaction Seminars
 - On-Site Live Functional Seminars (Custom Designed)
 - Functional Fitness Products (True Stretch, Strength and Cardio)

For additional information on any of our services, please contact:

www.grayinstitute.com 866-230-8300

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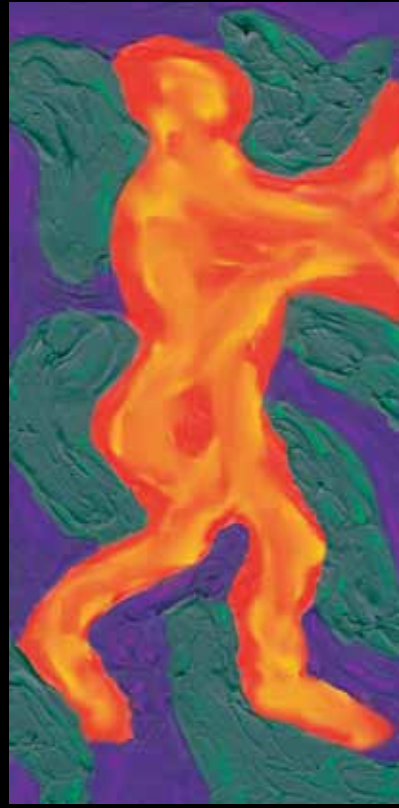
PROUDLY PRESENTS

2010

Chain Reaction™ TRANSFORMATION

WITH

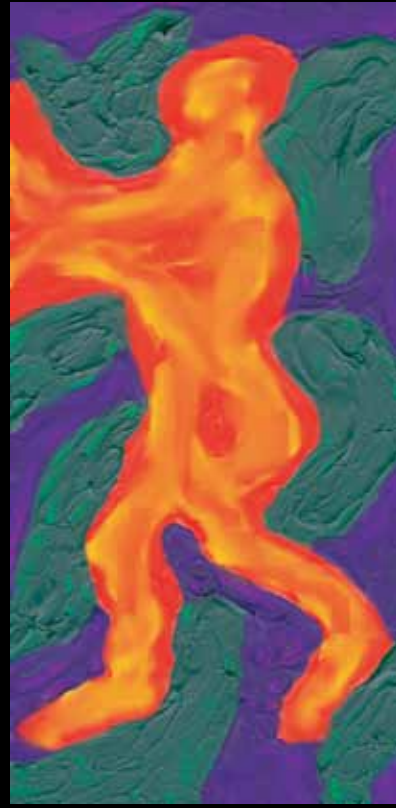
Gary Gray, David Tiberio, and Doug Gray



I N T E G R A T E D
I S O L A T E D

Applied Functional Science

Transforming
Functional Strategies
Into Powerful
Exercises and Techniques



I S O L A T E D
I N T E G R A T I O N

Chain Reaction™ TRANSFORMATION REGISTRATION SPECIAL

Upon registration for **Chain Reaction™ Transformation**, you will receive **Chain Reaction™ Function** (4-DVD pack with 10+ hours of "Transforming Knowledge into Function") and **Resiliency/Adaptability** (Fast Function Series DVD).

Direct Participation • Personal Attention • Practical Instruction

Understanding the **Chain Reaction™** Strategies of Function, based on years of Biomechanical Study, we can now **TRANSFORM** our knowledge into powerful, practical, and critical skills to enhance the lives of others. Emphasizing acquisition and development of functional skills, techniques, and abilities, **Chain Reaction™ Transformation** is an opportunity to directly participate and interact with Gary Gray, David Tiberio, Doug Gray, and all the other participants to add to your tools of expertise. Regardless of how far along you are on your journey of appreciating Function, this seminar will **TRANSFORM** your life to allow you to become even more significant to others. Due to the direct, personal, and practical nature of this seminar, class size is strictly limited. Please register early for this privilege for fun and Function.

Who Should Attend?

Chain Reaction™ Transformation is designed specifically for professionals dedicated to the understanding and application of Function for prevention, training and conditioning, rehabilitation. Professionals include the following: Physical Therapists, PT Assistants, Physicians, Athletic Trainers, Strength & Conditioning Coaches, Chiropractors, Occupational Therapists, and Personal Trainers.

This course is approved for 21 Contact Hours by BOC, NSCA, ACE, and specified state APTA boards. This course is approved for 10 Contact Hours by NASM.

Agenda

Thursday	Friday	Saturday
Registration 7:00AM	Pump and Praise™* 6:30AM - 7:30AM	Pump and Praise™* 6:30AM - 7:30AM
Class Time** 8:00AM - 5:00PM	Class Time** 8:00AM - 5:00PM	Class Time** 8:00AM - 12:00PM

***Optional Bonus Opportunities – Pump and Praise™ Experience – 3D Circuit Training (Friday) • 3D Locomotor Training (Saturday)**

**Lunch is on your own

Course Outline and Objectives

Understand the Simple-Complexity of Applied Functional Science

- Physical Sciences, Biological Sciences, and Behavioral Sciences

Apply the Principle-Strategy-Technique Process

- Governing Principles, Guiding Strategies, and Goal-Oriented Techniques

Learn the Chain Reaction™ Biomechanics of the Major Joints of the Body

- Foot/Ankle, Knee, Hip, Lumbar Spine, Thoracic Spine, Cervical Spine, Shoulder, and Elbow

Recognize the Authentic Functional Muscle Function

- Tri-Plane Load, Econcentric, and Tri-Plane Explode

Distinguish the Ramifications of Motion

- Difference between Real and Relative

Expose the Importance of Mostability

- Efficient Combination of Motion and Stability

Appreciate the Transformational Zones of All Forms of Human Movement

- Critical Mass of Function

Establish the Relationship between Exercise and Assessment

- "The test is the exercise and the exercise is the test."

Discover the Power of Functional Nomenclature

- Expand the World of Movement through Language

Realize the Logic of the Matrix System

- Authentic and Purposeful

Experience the Three-Dimensional Movement Patterns Identified as Matrices

- Reach, Lift, Lunge, Lunge with Reach, Lunge with Lift, Stretch, Pivot, Balance, Squat, Push-Up, Squat Thrust, Jump, Hop, Jop, Jumping Jack, Cervical, Thoracic Spine, and More

Uncover the Driving Strategies of Integrated Isolated Flexibility Stretching

- Three-Dimensional, Functional Mostability Applications

Grasp the Rationale of Functional Manual Reaction

- Enhance Functional Movement through Power of Head and Hands

Reveal the Attributes of Proprioceptors

- Ambiguously-Clear Movement

Challenge the Sense of Traditional Protocols vs. Functional Processes

- Functional Thresholds of Success



2010 Course Dates and Locations

SPRING

Orlando, FL • April 29-May 1

Rosen Centre Hotel
9840 International Drive
Orlando, FL 32819
Reservations: (407) 996-9840

Room Rate: \$129 per night (single/double)
Cut-off date: March 28, 2010

Seattle, WA • May 6-8

Doubletree Hotel Seattle Airport
18740 International Boulevard
Seattle, WA 98188
Reservations: (206) 246-8600

Room Rate: \$129 per night (single)
Cut-off date: April 16, 2010

Chicago, IL • May 20-22

Rosemont Hotel at O'Hare
5550 North River Road
Rosemont, IL 60018
Reservations: (847) 678-4488

Room Rate: \$120 per night (single/double)
Cut-off date: May 3, 2010

FALL

San Diego, CA • September 16-18

Catamaran Resort Hotel
3999 Mission Boulevard
San Diego, CA 92109
Reservations: (858) 539-8700

Room Rate: \$189 per night (single/double)
Cut-off date: August 13, 2010

Philadelphia, PA • September 23-25

Philadelphia Convention Center
1101 Arch Street
Philadelphia, PA 19107

See website for list of nearby hotels.

Chicago, IL • October 7-9

Rosemont Hotel at O'Hare
5550 North River Road
Rosemont, IL 60018
Reservations: (847) 678-4488

Room Rate: \$120 per night (single/double)
Cut-off date: September 17, 2010

2010 Chain Reaction™ TRANSFORMATION Registration Form

Seminar Location _____

Seminar Dates _____

Name _____
(Please PRINT Name As It Should Appear On CEU Certificate)

Professional Credentials _____

Employer _____

Billing Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Fax _____

Email Address _____

Shipping: Check if same as billing address

Address _____

City _____ State _____ Zip _____

Chain Reaction™ Transformation \$795.00

I've enclosed a check for the above
TOTAL AMOUNT payable to Wynn
Marketing

Please charge my Visa or Mastercard to:

CC# _____

Exp. Date _____

V-Code (3-Digit Code on back of card) _____

Authorized Signature for Credit Card Required

Please mail this registration form and a check
(payable to Wynn Marketing) to:

Wynn Marketing
100 Industrial Drive
Adrian MI 49221

*Any questions or comments, please call
(866) 230-8300 or (517) 266-4653.
If you are using your credit card,
please fax this form to (517) 266-9363.*

Registration Confirmation: Please register early. Due to the personal nature of Chain Reaction™ Transformation, class size is limited. We urge you to obtain registration confirmation before making flight arrangements as course tends to fill rapidly. Confirmation of registration and receipt for tuition will be sent to you.

Cancellation Policy: Cancellations must be in writing to qualify for a refund. Cancellations received up to 45 days prior to the course will be assessed a \$50 cancellation fee. A credit towards a future seminar will be given (money received minus \$50 cancellation fee) if cancellation is received less than 45 days prior to the course. Gray Institute reserves the right to cancel any course and will not be responsible for any charges incurred by the participant. If Gray Institute cancels a course, a full tuition refund will be given.