



# ACR LIVE

ANTERIOR CHAIN REACTION®

**NEW**  
LIVE COURSE

  
**GRAY INSTITUTE®**  
The Source. Your Source...

**APPLIED FUNCTIONAL SCIENCE®**



## **COURSE OVERVIEW**

The anterior chain reaction® is pivotal to understanding human movement efficiency and function. In this two-and-a-half hour workshop, students will learn the components of the anterior chain reaction®, and the probable suspects that create discomfort, dysfunction, and sometimes disabling pain within this chain. Students will then further expand their ability to apply strategies and techniques to enhance a client's movement through assessing and analyzing the anterior chain reaction using the Gray's Institute's 3DMAPS, and ultimately applying techniques from the Gray Institute's CAFS certification.

## **COURSE OBJECTIVES**

**LEARNING OBJECTIVE 1:** Students will learn a systematic approach to analyzing and assessing the anterior chain reaction® by demonstrating and participating in 12 ACR movements.

**LEARNING OBJECTIVE 2:** Students will be able to apply global and local anterior chain reaction movements to other clients through observation and application.

**LEARNING OBJECTIVE 3:** Students will gain an understanding of the 10 observational essentials of human movement and how they apply towards the 3 dimensional being through application on the ACR and their tweaks

**LEARNING OBJECTIVE 4:** Students will gain an understanding of the 10 observational essentials of human movement and how they apply towards the fundamental movements, through application of ACR and it's tweaks.

## **ACRLIVE COST**

**\$350** for up to 50 people

### **CONTACT HOURS** 2.5 HOURS IN LENGTH

#### **FITNESS**

ACE – 0.2 CEUs

ACSM – 2.5 Contact hours

NSCA – 0.2 CEUs

NASM – 0.2 CEUs

#### **PHYSICAL THERAPY**

ACR is approved through the FSBPT/ProCert which is recognized by the following states:

AK, AZ, AR, CA, CO, DE, DC, GA, HI, ID, IL, IN, KS, KY, MI, MS, MO, MT, NE, NC, ND, OR, SC, TN, UT, VT, VA, WI, WY



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