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# Let's Get Unconventional

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# THANK YOU SCW



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(10-30 second video recommended)

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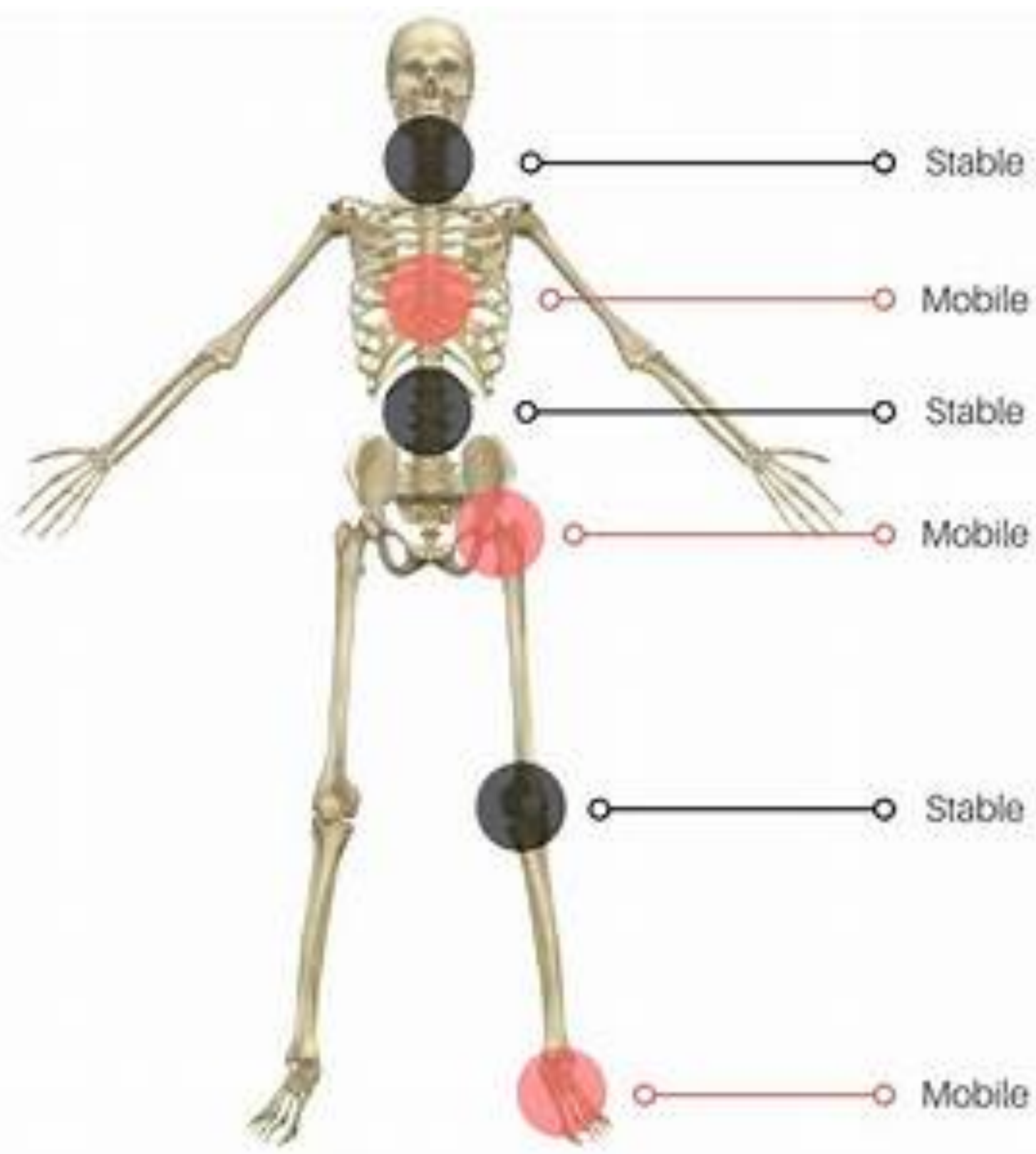
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WHY GET UNCONVENTIONAL?

WHAT MAKES SOMETHING  
CONVENTIONAL?



# Let's Review: Strength & Mobility: Benefits, Contraindications, Mistakes, & Programming





# RECOVERY, REGENERATION, ACTIVATION





WHAT AM I DOING?

WHY AM I DOING IT?

WHY IS IT IMPORTANT TO ME OR MY  
CLIENTS?





Thank you!

@GiovanniRoselli

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