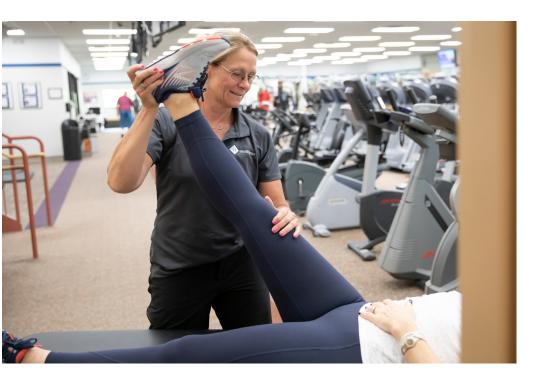


TRAX TRAINING

ACTIVE ISOLATED STRETCHING (AIS)





A STRETCHING
PROGRAM THAT
IMPROVES FITNESS
PERFORMANCE &
FLEXIBILITY WHILE
HELPING TO
PREVENT INJURY
AND REJUVENATE
YOUR BODY.

SINGLE AND PACKAGE PRICING AVAILABLE.

FOR MORE INFO., OR TO REGISTER PLEASE VISIT THE FITNESS DESK OR E-MAIL SANDI ZANETTI, DIRECTOR OF FITNESS, NSCA, CPT, AIS, AT SZANETTI@HEALTHTRAX.NET



Healthtrax Fitness

3 Weymouth Road, Enfield

860-745-2408

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THE ACTIVE ISOLATED STRETCHING (AIS) METHOD OF MUSCLE LENGTHENING AND FASCIAL RELEASE IS A TYPE OF ATHLETIC STRETCHING TECHNIQUE THAT PROVIDES EFFECTIVE, DYNAMIC, FACILITATED STRETCHING OF MAJOR MUSCLE GROUPS, BUT MORE IMPORTANTLY, AIS PROVIDES FUNCTIONAL AND PHYSIOLOGICAL RESTORATION OF SUPERFICIAL AND DEEP FASCIAL PLANES.



BENEFITS OF ALS

IMPROVE OVERALL FITNESS
IMPROVE WORKOUTS
IMPROVE FORM & TECHNIQUE
IMPROVE SPORTS PERFORMANCE
REDUCE POST WORKOUT STRESS
PREVENT INJURY
REJUVENATE YOUR BODY

COMMON AREAS OF INTEREST

HAMSTRING & HIP STRETCHING/MOBILITY

HAMSTRING STRAIN/TEAR

SHOULDER IMPINGEMENT/MOBILITY

CALF AND ANKLE MOBILITY

SPRAINED ANKLE

LOW BACK PROBLEMS

CARPEL TUNNEL/TENNIS ELBOW

PRE/POST REHAB JOINT REPLACEMENT

AND MUCH MORE!

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