



Practical Workshop

POWER LIFTING RINASCITA APPROACH
The role of Overload in Physical Performance

Date; 18th of May, 2024

Time: 10:00-16:30

Place: Lithuanian Sports University, Track and field arena, Aušros g. 42 (Kaunas)

Price: 100 €

Payment information will be sent to the e-mail you provided.

The seminar will be held in English only!

Please fill in registration form till 15th of May: <https://forms.office.com/e/8BBDMBa5xk>

The number of places is limited (only 25 participants).

PROGRAM

- PHYSIOLOGICAL EFFECTS OF STRENGTH TRAINING
(REVIEW OF SCIENTIFIC LITERATURE)
- POWER LIFTING MOTOR PATTERNS:
CORRELATIONS WITH DAILY LIFE ACTIVITIES
- PERFORMANCE FOCUS:
INTERPRETATION OF POWER LIFTING IN ATHLETIC TRAINING
- PHYSICAL THERAPY FOCUS:
INTERPRETATION OF POWERLIFTING IN PHYSICAL THERAPY
- PROGRAMMING STRENGTH STIMULI IN THE THERAPEUTIC PATH

Dr. Massimo Coretti – Physical Therapist, co-founder and Academic Director of Academy Rinascita - Rehabilitation and Performance.

Specialized in: Therapeutic Exercise; Medical Exercise Therapy; Neuro-motor re-education; Coaching applied to rehabilitation; Neuromodulation of Pain; Health Training and Life style coaching; Teaching and coaching in personal and professional development

Dr. Andrea Berdini – Personal Trainer, co-founder and director of Academy Rinascita - Rehabilitation and Performance, Teacher and co-author A.T.P.® ADVANCED TRAINING PROCESS (RINASCITA).

Specialized in: Performance of high level athletes and selection; Improved strength and related subskills; Programming, planning of strength, speed and resistance sports; Teaching fundamental powerlifting lifts; Circuit training for strength, power, resistance, work capacity.