



FMS Level 2 – Schedule

Day 1

8:00 am – 8:15 am	Introduction
8:15 am – 8:45 am	Running your Best FMS and Screening FAQs
8:45 am – 10:00 am	Level 1 Review: Live Demo and Screening Lab
10:00 am – 10:15 am	Break
10:15 am – 12:00 pm	Level 1 Review: Live Demo and Screening Lab (cont.)
12:00 pm – 1:00 pm	LUNCH
1:00 pm – 2:30 pm	Corrective Exercise Concepts
2:30 pm – 2:45 pm	Break
2:45 pm – 4:30 pm	Corrective Exercises: Active Straight-Leg Raise
4:30 pm – 5:00 pm	Group Discussion: Communicating FMS with Clients and Athletes

Day 2

8:00 am – 10:00 am	Corrective Exercises: Shoulder Mobility
10:00 am – 10:15 am	Break
10:15 am – 11:30 am	Corrective Exercises: Rotary Stability
11:30 am – 12:00 pm	Corrective Exercises: Trunk Stability
12:00 pm – 1:00 pm	LUNCH
1:00 pm – 2:00 pm	Corrective Exercises: Trunk Stability (cont.)
2:00 pm – 3:15 pm	Corrective Exercises: Functional Patterns <ul style="list-style-type: none">- Inline Lunge, Hurdle Step, Deep Squat
3:15 pm – 3:30 pm	Break
3:30 pm – 4:30 pm	Case Studies and Integration <ul style="list-style-type: none">- Light System: Scoring Interpretation- Program Examples- Open discussion: Programming Challenges
4:30 pm – 5:00 pm	Group Discussion: Improving Business and Marketing with FMS