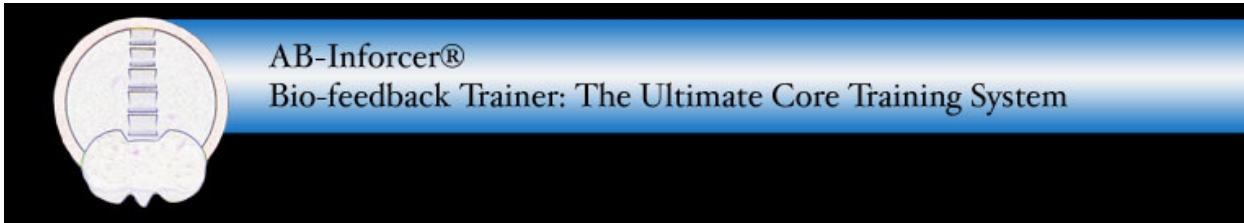


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3 CITY TOUR with Lee Brandon, CSCS

BIRMINGHAM, ALABAMA:
BIRMINGHAM MARRIOTT

ORLANDO, FLORIDA: DISNEY
WORLD RESORT.

CLEARWATER, FLORIDA:
NATIONAL TRAINING
CENTER

IRON-CORE SUCCESS STORY

This summers 3 City "Spine-Sparing" Tour kicks off July 10th, 2010



"Please come on out and join us at one of these exciting events. It would be an honor to see you there."

Lee Brandon, CSCS, 2 Time Women's World Long Drive Champion, Head Strength Coach at Hofstra University 1986-1990, Assistant Strength Coach for NY Jets 1990-1991

AHSAA

Encore is the exclusive provider of athletic training services for AHSAA and is a Gold Sponsor.

Encore and Advanced Education Seminars announce the 1st Annual Encore Sports Medicine Symposium.

AES

ENCORE SPORTS MEDICINE SYMPOSIUM

SATURDAY, JULY 8-10TH, 2010: BIRMINGHAM ALABAMA

EARN UP TO 21 CEU'S, AL, MS, TN, NATA APPROVED

LOCATION: BIRMINGHAM MARRIOTT, 3590 Grandview Parkway, Birmingham, AL. #205-968-3775

ENCORE REHABILITATION AND SPORTS MEDICINE is proud to announce that more than 15 presenters from all over the country will speak on the latest technologies and concepts in Physical Therapy, Athletic Training and Sports Medicine. Courses will focus on subjects including assessment

capabilities, preventative measures and emergent rehabilitative techniques.

SATURDAY, JULY 10TH, 2010:

10:15-11:45 Main Lecturer is Lee Brandon, CSCS from LA.

SPINAL TRIANGULATION: SPINE SPARING TECHNIQUES FOR PERFORMANCE.

OBJECTIVES:

1. Provide most current training methods based on science and cutting-edge knowledge in the field of fitness and sports performance training.
 2. Enhance the practical skills and applications for a functionally integrated training program.
 3. Teach progressions that can be used to hasten results and inspire patients/ athletes to long term healthy habits.
-



FRIDAY, JULY 16TH, 16TH, 2010 AT 4:00 PM: Main Lecture Hall. Lee Brandon, CSCS

ABS FOR PERFORMANCE: HOLLOWING VS. BRACING

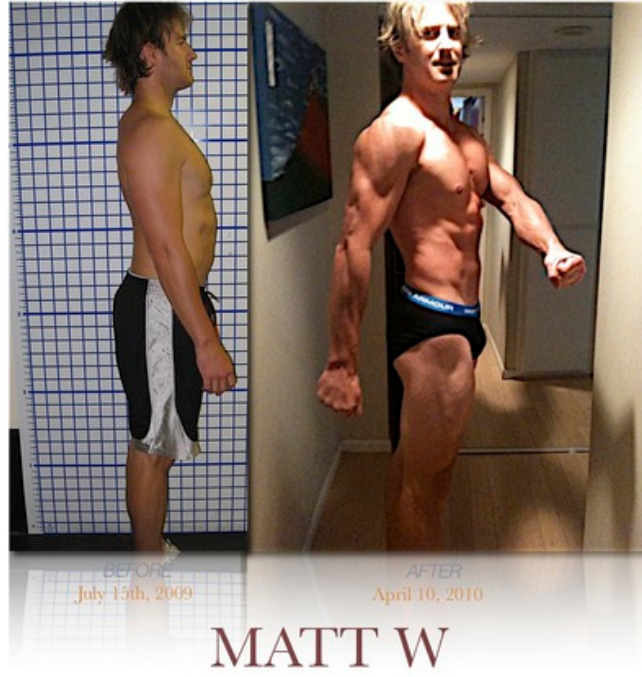
"What is the best training strategy to produce dynamic core stabilization?" Lee will discuss which core stabilizing techniques can be incorporated for maximum improvement in function and performance.



MONDAY, JULY 19TH, 2010: 12 PM TO 2 PM: NATIONAL TRAINING CENTER

Lee has been invited to present to the South Lake and Orlando Hospitals in Florida at the National Training Center on Monday, July 19th, 2010. It will be an in-service to Health Care Practitioners (PT's and PTA's, Strength Coaches and Occupational Therapists and staff) from 7 hospitals in the Orlando area. The staff will be shown how to use the AB-Inforcer Core Bio-feedback Trainer as a tool in their arsenal inside their clinics for training, "bad backs to elite performance".

SUCCESS STORY: (more at longdrivechamp.blogspot.com)



"Lee, you and the [AB-Inforcer](#) have truly given me an incredible foundation that I know will last a lifetime. I'll be looking forward to making more progress in the months ahead."

-Age: 28
-Investment Advisor

AB-Vanced NEU-Spine Technologies, LLC
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