



NEW IPA SEMINAR SERIES

MAXIMIZING YOUR BODY'S PERFORMANCE WITH BARS, BELLS, AND BANDS

October 26, 2013, York Barbell Company



The IPA is excited to announce the first in a new series of seminars which will feature the brightest, most experience minds in strength sports!



Donnie Thompson, All-Time SHW Total Record holder, 3000 lbs.

The first seminar in the series features Donnie Thompson, powerlifting's All-Time SHW Total Record holder with a 3000 lb. total. Donnie's experience in training, on the platform, and as the Strength and Mobility Director for 21 clinics in SC solidified his program theories for building strength in athletes and his physical therapy patients. His protocol for developing strength includes the use of weights, kettlebells, Jumpstretch Bands, and compression.



Michael Krivka, RKC, travels extensively throughout the US teaching Russian Kettlebells to military and law enforcement. He teaches over 20 workshops and clinics a year and logs several hundred hours a year teaching and training with Russian Kettlebells.

RKC Kettlebell Instructor, Michael Krivka, who studied under Pavel Tsatsouline, will join Donnie covering the integration of kettlebell training into powerlifting performance. Both RKC's, the great synergism between Donnie's and Michael's methods in building strength led to the development these seminar topics.

TOPICS

- 1) Integration of kettlebell training into powerlifting performance.
- 2) Bridging the gap between Prehab/Rehab and Performance-based therapy.
- 3) Understanding structural alignment, positioning and compression, and how they apply kettlebells and powerlifting.
- 4) Kettlebell training and workout structure to enhance squat, bench press, and dead lift.
- 5) Tips from the bottom-up to drastically improve performance, strength, and longevity.

IPA

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REGISTRATION FEE:

Early Bird Deadline	October 18	\$175
Still A Great Deal:	October 19- 25:	\$200
On-site Registration:	Oct. 26:	\$225