



# Optimal Strength

Modern Training Systems  
(11 CEC's with Fitness Australia)

"Results by design, not by coincidence."

- Alwyn Cosgrove, master strength coach

Develop your ability to apply great conditioning programs that not only improve physical performance, but also prevent many forms of non-contact injuries common in sport and exercise.

You will learn how to:

- Effectively screen your client / athlete for functional limitations
- Design individualised training programs that achieve predictable results
- Prevent injury through correct programming & coaching techniques
- Integrate movement preparation into the warm up phase to attain the optimal effect from the training session
- Teach 9 complex lifts to improve physical strength

Remember:

GREAT PROGRAMMING + GREAT COACHING = GREAT RESULTS!

But:

POOR PROGRAMMING + POOR COACHING = POOR RESULTS

Course Facilitators:

**Terry Jeffries**

Physical Performance Manager,  
South Adelaide Football Club (SANFL)  
Centrality Senior Health Consultant  
Course Lecturer - A.I.P.T.

**Wayne Willis** *B App Sc, B Ed*

Strength Coach, South Adelaide Football Club  
(SANFL)  
Former Athletics Australia Scholarship Coach  
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**For more information**

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## COURSE OVERVIEW:

### DAY 1

Individualised training

Joint by joint functional needs analysis

The importance of corrective exercise within a conditioning program

Pre-exercise screening protocols

Movement preparation routines (practical)

### DAY 2

Progression / performance based training system ("Results by design.")

9 lifts fundamental to improving physical strength (practical)

Coaching

Technique corrections

Common errors

Progressions

