

Tiger Tail® Active Recovery Method

Instructor Certification Program — ACE, NASM, AFAA



Overview:

Tiger Tail Active Recovery Instructor Certification is an industry-approved, 8-hour CEU program for those wanting to incorporate an official muscle recovery program into their health club, clinic, studio, athletic program, corporate wellness offerings, etc. Attendees will learn how to deliver a choreographed, 50-minute, myofascial release/muscle care program for all ages and abilities (modifications provided!). Designed to help reduce pain, increase movement and range of motion, and create overall improvements in muscle performance. The course incorporates proprietary techniques using Tiger Tail branded and patented tools. By taking this course, you will become a certified instructor of the Tiger Tail Active Recovery Method.

Who we're inviting:

All experience levels are welcome! Fitness professionals, massage therapists, Yoga instructors, Pilates instructors, physical therapists, chiropractors, athletic trainers, activity center coordinators, group leaders, corporate wellness instructors, personal trainers, etc. are invited.

Cost of program: \$349.00

This course is approved for 8-hour CEU program (Continuing Education Units) by ACE, NASM and AFAA.



Get Updates on Tiger Tail® Active Recovery Method

TigerTailUSA.com/certifications/



What's Included?

- Tiger Tail myofascial release tools (\$127.96 retail value)
- Membership to the Tiger Tail Wholesale Club
- Happy Muscles! 365 quarterly releases
- And more!



Tiger Tail Myofascial Release Tools
(\$127.96 retail value)

Sign up at www.TigerTailUSA.com/Certifications

Email: sales@tigertailusa.com Phone: 206.395.7811 x101 Fax: 206.395.7815

Trusted by Million-Dollar Muscles®





What you'll learn:

- Skills to lead your own 50-minute Tiger Tail® Active Recovery Method myofascial release program for all levels of participants
- Science, physical benefits and history of myofascial release using foam rolling techniques
- Choreographed foam rolling techniques using Tiger Tail muscle-care massage tools
- Proper positioning and how to apply various compression pressures for the administration of self-trigger point therapy and myofascial release using class-specific muscle care tools: Tiger Tail Original 18" hand-held foam roller, Tiger Ball® 5.0 foam roller ball, and the Tiger Tail Curve Ball stationary foam roller
- How to teach targeted static stretching
- How to incorporate modifications to work with a diverse population
- Support clients and students in choosing the best muscle-care tools for them

Teacher bio: Dr. Julie Zuleger



This course is taught by Tiger Tail USA Director of Education and Kinesiology, Dr. Julie Zuleger.

Julie Zuleger, Ph.D. has over 20 years of experience as a Licensed Massage Therapist, Board Certified Myofascial Trigger Point Therapist, Certified

Strength and Conditioning Specialist (CSCS), Retired Athletic Trainer, Corrective Exercise Specialist (NASM-CES), RYT-500 hr Yoga Instructor, and Human Movement Specialist. She uses her experience and knowledge to work with different types of clients as well as develop and teach continuing education courses for massage therapists, athletic trainers, fitness, and wellness professionals.

Julie holds a Ph.D. in Education and teaches in the Human Kinetics and Health Education department at the University of Wisconsin Oshkosh

Background on Tiger Tail USA:

Founded in 2006, Tiger Tail USA pioneered making muscle recovery mainstream in the USA and around the world. Tiger Tail USA was the first to successfully create and market the hand-held foam roller, which is now a part of nearly every top-level training room across the country. Trusted by million-dollar muscles, our tools are recommended and used by doctors, chiropractors, physical therapists, athletic trainers, professional athletes, and people just like you — worldwide. Researched and developed by Tiger Tail USA, the Tiger Tail® Active Recovery program is gaining in popularity and is already being offered as part of employee corporate wellness programs.



Tiger Tail Muscle Recovery Boot Camp



Tiger Tail Roll-Out Session

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