



FMS Level 2 Live Course Schedule

Please note: The start/end time may vary from location to location.

Check specific event for these details.

7:30 am – 8:00 am	Registration
8:00 am – 8:15 am	Welcome and Introductions
8:15 am – 9:00 am	Movement Programming Pathway
9:00 am – 9:30 am	Overview of Corrective Essentials
9:30 am – 9:45 am	Break
9:45 am – 10:45 am	ASLR/Lower-Limb Reciprocal Symmetry Pattern Corrections
10:45 am – 11:30 am	Shoulder Mobility/Upper-Limb Reciprocal Symmetry Pattern Corrections
11:30 am – 12:30 pm	Rotary Stability/The Sagittal & Rotational Plane Reflex Stability Pattern Corrections
12:30 pm – 1:30 pm	LUNCH BREAK
1:30 pm – 2:15 pm	Trunk Stability/The Frontal & Transverse Plane Reflex Stability Pattern Corrections
2:15 pm – 3:00 pm	In-Line Lunge/The Lunge Pattern
3:00 pm – 3:45 pm	Hurdle Step/Double-to-Single Leg Reflex Stability Pattern Corrections
3:45 pm – 4:00 pm	Break
4:00 pm – 4:45 pm	Overhead Deep Squat/The Squat Pattern
4:45 pm – 6:30 pm	Case Studies and Solutions
6:30 pm – 7:00 pm	Question and Answer Session