



## **FMS Level 2 Virtual Course Schedule**

*Please note: The start/end time may vary. Check specific event for these details.*

9:50 am – 10:00 am	Arrival into virtual platform
10:00 am – 10:10 am	Instructor Welcome and Instructions
10:10 am – 11:20 am	Introduction to FMS Corrective Philosophy and Strategies Corrective Strategies, Exercise Demonstration and Coaching Techniques
11:20 am – 12:15 pm	Breathing/ASLR/Lower-Limb Reciprocal Symmetry Pattern Corrections
12:15 pm – 12:20 pm	Break
12:20 pm – 12:40 pm	Continued ASLR/Lower-Limb Reciprocal Symmetry Pattern Corrections
12:40 am – 1:30 pm	Shoulder Mobility/Upper-Limb Reciprocal Symmetry Pattern Corrections
1:30 pm – 2:00 pm	Ankle Mobility Corrections
2:00 pm – 2:30 pm	Break
2:30 pm – 3:05 am	Rotary Stability/The Sagittal & Rotational Plane Reflex Stability Pattern Corrections
3:05 pm – 3:35 pm	Trunk Stability/The Frontal & Transverse Plane Reflex Stability Pattern Corrections
3:35 pm – 3:40 pm	Break
3:40 pm – 4:10 pm	In-Line Lunge/The Lunge Pattern
4:10 pm – 4:35 pm	Hurdle Step/Double-to-Single Leg Reflex Stability Pattern Corrections
4:35 pm – 5:00 pm	Overhead Deep Squat/The Squat Pattern
5:00 pm – 5:50 pm	Case Study – Screen and Correctives
5:50 pm – 6:00 pm	Final Thoughts