

FMS

Functional Movement Systems

GET MOVING RIGHT NOW!

FOOTBALL PLAYERS -- FROM STUDENTS TO PROFESSIONALS -- get moving the right way with the Functional Movement Screen today. It...

- Tests seven basic movement patterns,
- Takes less than ten minutes,
- Identifies weaknesses & asymmetries that increase chances of injury,
- Provides FMS experts with the information they need to customize workouts that strengthen you,
- Tracks your progress, and
- *Gets you moving right!*

THE FUNCTIONAL MOVEMENT SCREEN IS GOOD FOR YOUR BOTTOM LINE on the field and in business. It's been shown to reduce both risk factors for injuries and costs associated with injuries when they happen.

THAT'S WHY HIGHLY TRAINED TEAMS from the Navy Seals to the New York Giants are using the FMS.



The Functional Movement Screen is used throughout the world in every major sport and by more than 50 U.S. pro and college teams -- just to name a few. There are also the Super Bowl-winning New York Giants, the Indianapolis Colts, the Cleveland Indians...

Log on. Learn more.
FunctionalMovement.com



GO TO THE FMS WEBSITE to read

on about this powerful paradigm shift in fitness and athlete development.

- **BROWSE** cutting edge videos, articles, podcasts and research.

- **NETWORK!** Find an FMS Expert near you or become one -- learn how!

- **CHECK OUT** FMS's impressive clientele.

- **SHOP!** FMS sells DVDs, test kits, manuals, books and exercise equipment.



Atlanta Falcons

General Manager,
Thomas Dimitroff

REFERRING TO THE FALCONS' use of FMS and the team's "enviable rate of injury-related absences," Dimitroff said of the FMS in the *New York Times* (12/25/11): "I believe it's going to be the wave of the future."

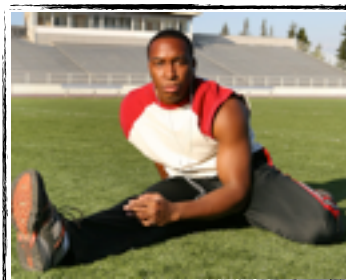


Cleveland Indians

Head Strength & Conditioning
Coach

Joe Kessler

"EVERY ATHLETE WITHIN THE CLEVELAND INDIANS organization is tested using the FMS... The screen is an integral part of our evaluation pre-process and development."



NFL Strength Coach

for over ten years
Jon Torine

"I COULDN'T DO FMS'S ROTARY STABILITY test with symmetry, so FMS gave me a rolling pattern to do. I rolled over and then I was able to do it right. No party trick, just simple neurological re-programming... So I just started screening my team immediately... It was so powerful, so clear and so simplistic."

