



TRAX TRAINING

ACTIVE ISOLATED STRETCHING (AIS)



**A STRETCHING
PROGRAM THAT
IMPROVES FITNESS
PERFORMANCE &
FLEXIBILITY WHILE
HELPING TO
PREVENT INJURY
AND REJUVENATE
YOUR BODY.**

SINGLE AND PACKAGE PRICING AVAILABLE.

**FOR MORE INFO., OR TO
REGISTER PLEASE VISIT THE
FITNESS DESK OR E-MAIL
SANDI ZANETTI,
DIRECTOR OF FITNESS,
NSCA, CPT, AIS, AT
SZANETTI@HEALTHTRAX.NET**



**Healthtrax Fitness
3 Weymouth Road, Enfield
860-745-2408
healthtrax.com**

THE ACTIVE ISOLATED STRETCHING (AIS) METHOD OF MUSCLE LENGTHENING AND FASCIAL RELEASE IS A TYPE OF ATHLETIC STRETCHING TECHNIQUE THAT PROVIDES EFFECTIVE, DYNAMIC, FACILITATED STRETCHING OF MAJOR MUSCLE GROUPS, BUT MORE IMPORTANTLY, AIS PROVIDES FUNCTIONAL AND PHYSIOLOGICAL RESTORATION OF SUPERFICIAL AND DEEP FASCIAL PLANES.



BENEFITS OF AIS

IMPROVE OVERALL FITNESS
IMPROVE WORKOUTS
IMPROVE FORM & TECHNIQUE
IMPROVE SPORTS PERFORMANCE
REDUCE POST WORKOUT STRESS
PREVENT INJURY
REJUVENATE YOUR BODY

COMMON AREAS OF INTEREST

HAMSTRING & HIP STRETCHING/MOBILITY
HAMSTRING STRAIN/TEAR
SHOULDER IMPINGEMENT/MOBILITY
CALF AND ANKLE MOBILITY
SPRAINED ANKLE
LOW BACK PROBLEMS
CARPEL TUNNEL/TENNIS ELBOW
PRE/POST REHAB JOINT REPLACEMENT
AND MUCH MORE!

FOR MORE INFORMATION OR TO REGISTER PLEASE VISIT THE FITNESS DESK OR E-MAIL SANDI ZANETTI, DIRECTOR OF FITNESS, NSCA, CPT, AIS, AT SZANETTI@HEALTHTRAX.NET

healthtrax.com

860-745-2408



Trax Training