

EGO Performance Coach Offers Free Core Training Seminar

July 30, 2013



EGO Performance Coach Chris Munford

Carlsbad, CA ([RPRN](#)) 07/30/13

— **Core training** has become somewhat of a magic elixir. Everybody is talking about it and everyone says it's important. Core training is certainly a favorite sports-media topic, but are we actually training our cores in a useful fashion?

Internationally renowned

high performance coach [Chris Munford](#), founder of EGO Performance Training, is offering a free interactive [seminar](#) on Core Training for On-Your-Feet Sports. Chris Munford will demystify core training in an engaging and easy-to-understand manner by taking you on a science-based journey that will allow you to understand how our cores are designed and why they are designed that way. During the seminar, you will be familiarized with **methods on how you should be training your cores to assist maximized performance and reduce the risk of injury**. By the end of the session you will have some easy-to-implement tools that you can use as part of your athlete's warm-up to 'turn their cores on' to help them perform to their best.

EGO Performance Training, based out of Carlsbad, California, is for athletes who are of an elite caliber or who strive to become of an elite caliber and are interested in working directly with one of the premiere sports high performance coaches in the world. If this sounds like you or one of your athletes and if you are dedicated to intensive, science-driven, intelligent

training, and most important, if you are exuberant about your sport of choice, perhaps you should investigate training with Chris Munford and his EGO sports high performance training methodology.

Munford is a **former professional athlete and the former NBA head strength and conditioning coach for the Charlotte Bobcats**. He is also a consultant for the medical and performance staff on NFL and NBA teams.

The **free of charge seminar** takes place at the EGO Performance Training center in Carlsbad, CA, on August 17, 2013, from 10am – noon. It is mainly geared towards coaches, parent-coaches and athletes for any sport played on-your-feet. You can register on the EGO Performance website under <http://egoperformancetraining.com/seminar-signup/>.

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