

# ADVANCED MYOFASCIAL GUN TECHNIQUES

## COURSE PROSPECTUS

## COURSE DESCRIPTION

*"Tightness is secondary to weakness."*

- What feels like stiffness is often your body's protective mechanism, stopping movement where weakness and poor control exist. Traditional fixes like stretching, foam rolling, and release techniques only scratch the surface.
- In this workshop, you'll discover how to get to the root cause – weakness - using the **latest high-frequency muscle activation tool**. This simple but powerful device quickly wakes up underperforming muscles, restoring control and mobility in the exact ranges where the body needs it most.



## COURSE HIGHLIGHTS



- ✓ A new model of **neuromuscular balancing**: understand how weak muscles limit mobility and how muscle activation restores function.
- ✓ **Hands-on learning**: 80% of the class is practical, using focal vibration to activate weak muscles and correct movement patterns.
- ✓ **Immediate feedback**: feel and measure changes in mobility and muscle performance during the session.
- ✓ Learn how to combine **activation and stability exercises** to maximize long-term results.

# ADVANCED MYOFASCIAL GUN TECHNIQUES

## COURSE PROSPECTUS

## WHO IS THIS FOR?

Professionals in:

- Fitness industry
- Movement instructors
- Strength & conditioning professionals
- Healthcare professionals
- Running Coaches / Athletes
- Physio

## ENROLMENT CRITERIA

- Students from other related fields of work will be considered on a case by case basis.



### COURSE INFO

#### LANGUAGE OF INSTRUCTION

- Available in English  
(with Chinese  
Translator)

#### DURATION

- 7 hour In person  
practical workshop
- 9am - 5pm

#### CAPACITY

- 30 Students  
(One Instructor)

## CECS GAINED

- Updating **ACE** →

## TO REGISTER

- Enrollment is complete  
upon received payment
- For group registration,  
please contact us for  
preferential information

## COURSE MATERIALS/ TOOLS

- Course manual in English  
and/or Chinese
- Vibration Tool



# INSTRUCTORS



## STEVEN CHEW

Founder & Master Trainer

- **20+ years** of experience in Fitness, Rehabilitation, Corrective Exercise, and Performance Programs.
- Internationally certified by ACE, NASM, The Biomechanics Method, and more.

# TOOL SPECIFICATION

**Materials:** Zinc alloy + plastic + silica gel

**Weight:** 0.77 kg (1.7 lbs)

**Input Power:** 5 V = 2 A (USB-C charging)

**Working time:** 6-8 hours

**Battery Capacity:** 2,900 mAh

**Speed Levels (RPM):**

- Level 1: 5500
- Level 2: 5875
- Level 3: 6250
- Level 4: 6625
- Level 5: 7500

**Amplitude (Stroke Length):** 1/16 inch (short stroke)

**Automatic Safety Shut-off:** After 1 minute of no skin contact

**Technology:** High-frequency vibration (no electrical current applied to the body)



# COURSE TAKEAWAY

- A clear understanding of why stiffness often comes from weakness, not short muscles.
- The ability to use a modern muscle activator tool to quickly improve mobility and strength.
- Practical protocols you can apply immediately with clients.
- First-hand experience of instant, measurable changes in your own body.
- A cutting-edge skill that sets you apart as a fitness or rehab professional.

# COURSE PROSPECTUS

## ADVANCED MYOFASCIAL GUN TECHNIQUES



### MATERIALS NEEDED

- Note pad and writing equipment for notes
- Sports Attire (shorts, t-shirts, sports bra)



### ASSESSMENT

1-hour practical assessment



### CERTIFICATION

Certification of Attendance  
will be given after the course

## COURSE STRUCTURE

|             |                                                                   |
|-------------|-------------------------------------------------------------------|
| 08:30–09:00 | Arrival & check-in                                                |
| 09:00–09:45 | Introduction to the Vibration tool & Scientific background        |
| 09:45–10:45 | Understanding the main concept:<br><b>"Tightness is weakness"</b> |
| 10:45–11:00 | Break                                                             |
| 11:00–12:00 | Lower body: Feet & Lower legs                                     |
| 12:00–12:45 | Lower body: Upper legs & Pelvis                                   |
| 12:45–13:15 | Lunch Break                                                       |
| 13:15–15:00 | Upper body: Trunk                                                 |
| 15:00–15:15 | Break                                                             |
| 15:15–16:00 | Upper body: Arms & Hands                                          |
| 16:00–17:00 | Final assessment & Certificates                                   |

## CONTACT INFO

- Email: [specialize@fitnessacademyasia.com](mailto:specialize@fitnessacademyasia.com)
- Whatsapp: (+852) 5540-1516
- Website: [www.fitnessacademyasia.com](http://www.fitnessacademyasia.com)

Disclaimer: No refund unless class is canceled by the FAA. All bookings are final and refunds are not permitted. In the event you need to cancel or reschedule, please contact us on +852 5540-1516



# 進階筋膜槍技術

## 課程簡介

## 課程描述

"繃緊是次於虛弱的.."

- 肌肉感覺像是僵硬的，往往是你身體的保護機制，在虛弱和控制不良的地方停止運動。傳統的修復方法，如拉伸、泡沫滾輪和釋放技術，只是表面上的解決。
- 在這個工作坊中，您將發現如何利用**最新的高頻肌肉激活工具**找到根本原因——虛弱。這個簡單但強大的設備能迅速喚醒表現不佳的肌肉，恢復在身體最需要的範圍內的控制和靈活性



## 課程重點



- ✓ 一種新的**神經肌肉平衡**模型：了解虛弱的肌肉如何限制活動能力，以及肌肉激活如何恢復功能
- ✓ **實踐學習**：課程的80%為實踐，使用焦點振動激活虛弱肌肉並糾正動作模式
- ✓ **即時反饋**：在課程中感受並測量活動能力和肌肉表現的變化
- ✓ 學習如何結合**激活和穩定性練習**，以獲得最長期效果

## 這是為誰準備?

適合以下專業人士:

- 健身行業
- 運動教練
- 力量與體能專業人士
- 醫療保健專業人士
- 跑步教練 / 運動員
- 物理治療師

## 報名條件

- 來自其他相關工作領域的學生將根據具體情況逐案考慮



## 課程資訊

### 授課語言

- 英文授課 (附中文翻譯)

### 課程時間

- 7小時面授實作工作坊
- 上午9時至下午5時

### 名額

- 30人 (一位教練)

## CECS 學分

- 審批中



## 註冊

- 收到付款後，註冊才確定完成
- 如需以團體註冊，請聯絡我們以獲取優惠資訊

## 課程材料 / 工具

- 課程手冊 (英文和/或中文)
- 震動工具



## 講師



### STEVEN CHEW

FAA創辦人暨資深培訓導師

- 在健身、復健、矯正運動和表現訓練方面擁有**20年以上**的經驗
- 擁有多項國際認證證書, 機構包括ACE、NASM、生物力學方法等

## 工具規格

物料: 鋅合金, 塑膠和矽膠

重量: 0.77 公斤 (1.7 磅)

輸入功率: 5 V = 2 A (USB-C 充電)

工作時間: 6-8 小時

電池容量: 2,900 mAh

轉速級別 (每分鐘轉速):

- 第1級: 5500
- 第2級: 5875
- 第3級: 6250
- 第4級: 6625
- 第5級: 7500

振幅 (行程長度) : 1/16 吋 (短行程)

自動安全關閉: 在 1 分鐘內無接觸皮膚後

技術: 高頻振動 (不對身體施加電流)



## 課程重點

- 清楚了解為什麼僵硬通常來自於虛弱, 而不是短縮肌肉
- 能夠使用現代肌肉啟動工具快速改善靈活性和肌肉力量
- 您可以立即在客戶身上應用的實用方案
- 親身體驗自己身體中瞬時且可測量的變化
- 一項湛新技能, 使您在健身或康復專業人士中脫穎而出



# 課程簡介

## 進階筋膜槍技術



### 應用材料

- 筆記簿和書寫工具
- 運動服裝 (短褲、T恤、運動胸罩)



### 評估

1小時實習評估



### 證書

課程結束後將發放出席證書

## 課程結構

- 08:30–09:00 到達及登記
- 09:00–09:45 振動工具介紹及技術背景
- 09:45–10:45 理解主要概念：  
『**繃緊就是虛弱**』
- 10:45–11:00 小休
- 11:00–12:00 下半身：腳與小腿
- 12:00–12:45 下半身：大腿與骨盆
- 12:45–13:15 午膳
- 13:15–15:00 上半身：軀幹
- 15:00–15:15 小休
- 15:15–16:00 上半身：手臂與手
- 16:00–17:00 最終評估與證書

## 聯絡資訊

- 電郵: [specialize@fitnessacademyasia.com](mailto:specialize@fitnessacademyasia.com)
- Whatsapp: (+852) 5540-1516
- 網址: [www.fitnessacademyasia.com](http://www.fitnessacademyasia.com)

免責聲明：除非FAA取消課程，否則不予退款。所有預訂均為最終，且不允許退款。如需取消或重新安排，請聯繫我們：+852 5540-1516

