



Do less. Achieve more.™

Core Restore
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Christopher Verdi

**BA from Franklin College, Franklin,
Indiana**

Certified Personal Trainer

**ACSM-American College of Sports
Medicine; Certified December 2005**
**NSCA-National Strength & Conditioning
Association; Certified August 2005**

Muscle & Movement Specialist

MAT-MCS-Muscle Activation Techniques
Certified Master Specialist; Certified
March 2007; Master Certified Sept 2015
MATRx Full Body; Certified Nov 2017

Inventor

The Mechanical Muscle™
Core Restore Training System
US Patent Protected

Developer

Core Restore Training Method
US Patent Protected



Overview of Core Restore Services

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The Value We Provide

The Core Restore philosophy is to *re-teach the body to use the right muscles for the right movements*. We believe that exercise is a continual process that relies on consistent application of strategic methods for improving outcomes. Our entire purpose at Core Restore is to improve the ability of your muscular system to handle external and internal stresses. We do this by utilizing our skills and tools as part of a process focused on increasing proper contraction of your muscular system. Core Restore is your Muscle and Movement Training Specialists.

Our Services

Muscle Activation Techniques® developed by Greg Roskopf. There are hundreds of muscles and joints in the body that require evaluation in order to uncover the muscular issues that may be contributing to the loss of physical performance and associated subjective complaints. The evaluative process includes numerous sessions of work in order to resolve the identified problems. MAT® is a whole-body approach to overall muscle dysfunction.

The Core Restore Training System (CRTS™) developed was developed by Chris Verdi, owner and operator of Core Restore. CRTS™ is a patented system specific to muscle movement training. Traditional exercise methods evaluate an individual's progress by assessing whether or not the client can perform certain exercises, poses, or positions. CRTS™ is different because it prepares the client's body for motion by focusing on muscle contraction and muscle awareness in order to improve range of motion.