

The new doctrine, FM 7-22 Holistic Health and Fitness (H2F), is intended to address human performance optimization and includes the Pose Method as a method for the running skill program.

The Pose Method of running is a standardized approach to running training that focuses on improving running skill and biomechanics in order to optimize performance, increase speed and prevent musculoskeletal (MSK) injuries.

Pose Tech Corporation is the sole source authorized provider of the Pose Method running skill training courses live and online.

## **CORE COMPETENCIES**

Our team is lead by a 2x Olympic coach, world-renowned sport scientist and conceptual thought leader in the fields of biomechanics, performance training reliability and injury prevention, Nicholas Romanov, Ph.D. Our team members include highly qualified professional sports coaches and an extensive network of physical therapists and athletic trainers.

### **MUSCULOSKELETAL INJURY PREVENTION**

Our education and training protocols that are designed to prevent and mitigate musculoskeletal and, specifically, lower leg injuries, form the bedrock of our program. Musculoskeletal (MSK) injuries have a ripple effect on our mental health and morale. Learning how to move correctly (technique) and developing this skill is the most direct way to prevent and reduce MSK injuries.

### **PERFORMANCE OPTIMIZATION**

Human performance optimization is a result of a well planned and executed program. Our training and skill development program delivers results and leads to optimized performance. The program was built using the best science available and Dr. Romanov's extensive professional experience of working with elite and Olympic athletes.

### **LIVE TRAINING COURSES**

Live on-location training courses are the primary delivery system of our program. Our approach is focused on human performance optimization and it starts with fundamental movement skill development. This scientifically supported process is designed to create a lasting impact on musculoskeletal (MSK) injury prevention and ultimately lead to performance improvement.

### **ONLINE TRAINING COURSES**

Our online training courses can serve as a primary and a supporting delivery system for our program. Our online platform offers a scalable solution to providing essential training, education and support to an unlimited number of students, as well as students in remote destinations.

| Corporate:            | POC  | NAICS: | Product / Service Codes:           |
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**PAST PERFORMANCE**



**ACCREDITATION**

