

Endurance Athletes.

Decrease pain.
Prevent injuries.
Improve performance.

Use Muscle Activation Techniques.



The PT Space is pleased to be hosting workshop demonstrations with Shane Harvey, the only qualified M.A.T. Specialist and R.T.S. Master (Resistance Training Specialist) in Australia.

See first hand how effective this treatment can be.

Endurance-focused M.A.T. Workshops:

Dates:

Saturday 30th July	-	9:00-10:00am
Tuesday 2nd August	-	6:15-7:15pm
Wednesday 3rd August	-	6:15-7:15pm

Where:

The PT Space, Level 2, 465 Kent St, Sydney

- SPACES ARE LIMITED TO 10 PER WORKSHOP
- BOOKINGS ESSENTIAL

Book via email to The.PTSpace@gmail.com with your name and preferred date.