

HERBST AND PRANGER

WIR BEWEGEN EUCH

Motivation & movement workshop

BY MANNI PRANGER & REINI HERBST

We combine **fun, tips, motivation and a group dynamic** in our movement workshop



MANFRED PRANGER

- ↑ World Champion, 3 individual World Cup victories, 14 podium places in the Ski World Cup
- ↓ Knee operation, hip operation, intervertebral disc operation, numerous other minor injuries



REINFRIED HERBST

- ↑ Olympic Silver Medal, Slalom overall World Cup winner, 9 individual World Cup victories, 18 podium places in the Ski World Cup
- ↓ 12 knee operations, shoulder operation and numerous other minor injuries

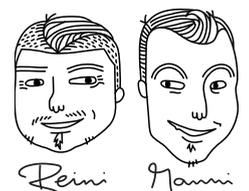
25 years of experience in elite sport, an abundance of highs and lows, successes, injuries and ineffective training due to poor advice and misdirected ambition form the basis for our movement concept.

MOTIVATED ANEW DAILY

Our many injuries and setbacks have always served to motivate us anew and remain steadfast so that we do not lose our position among the world elite. At these times you are left alone and mental strength plays a key role. The two of us did not always have the backing of Austrian Ski Association and therefore often had to make our own arrangements and train alone. And these experiences influence our training and our movement workshop.

EXPERIENCE THAT MOVES

We have now been active for three years in various hotels, tourist resorts and also a variety of businesses with our training concept. In addition we are present at least once a month for a few days in spa and health centres, where on average we get over 60 participants per day moving. Well-known hotels regularly book our services and by doing so offer their guests a new dimension in customer care and retention. As a further cornerstone of our movement practice we work and motivate people at all levels in various companies: from trainees to senior executives!



Training content

1. Introduction to our programme with examples from elite sport
2. Coordination training, stabilisation
3. Strengthening exercises and tips for home
4. Motivation and performance tips for at home

WHAT DO WE WANT TO ACHIEVE?

Let's make one thing clear in advance: we aren't aiming to make anyone an elite athlete! Everyone is free to choose the intensity of their training. This means we are also able to bring together unathletic and sporty participants in one group. Our exercises are **without additional load**. The purpose of our exercises, which do not take long, is preventative and they help the individual to remain or become fit. We ensure that people perform their exercise correctly and that specific muscle groups are used.

WHAT MAKES OUR TRAINING SESSIONS UNIQUE?

The aim of our training is to show people that it is not strength training with a lot of weight that keeps us healthy, but feeling and conditioning the individual deep muscles which play a key role in determining whether or not we have problems. We work only with the individual's body weight and pay particular attention to execution. In addition, we perform coordination training in which mind and body form a whole. This helps to strengthen the small stabilisers around our joints and results in improved body tension and stability. In this way all the small muscle groups are able to work together and strengthen the body as a whole.

TWO ARE BETTER THAN ONE

Which is why our training is always done in pairs. While one of us presents and explains the exercise, the other accompanies the session participants and helps them to perform it correctly. Because the exercises are only effective if the right muscle is activated and no other muscle is helping. In every day life the same muscles are always used. This means that these muscles are mostly very strong but unfortunately also swiftly become overstressed and as a result often cause us problems. To prevent this happening, we work on the precise muscle groups that are neglected in everyday life. For people who have little time but nevertheless want to do something beneficial for their body, we have a lot of tips for exercises that are also used in elite sport and are easy to perform. The training effect can be felt immediately and also results in a positive experience of success. Which increases motivation for every individual and in the group.

We look forward to seeing you!

Reini Herbst and Manni Pranger



This „motivation and movement concept“ was conceived in conjunction with the sports scientist and triathlete Katrin Lang and is supported by her.

Event Corner by Reini Herbst, Steinerstrasse 29, A-5071 Wals, AUSTRIA
TEL 0664 4000 834 MAIL office@event-corner.at

