

## *The Fascianator Method*

This is a process of full body self-care. Fascial restrictions are the root cause of aches, pains and flexibility restrictions associated with aging and dysfunctional movement patterns.

Self-Myofascial Release (SMR) alleviates immobility and pain, improves blood and lymphatic circulation and increases range of motion in the joints.

The Fascianator Method process helps orchestrate an internal transformation necessary for our bodies to function and heal.



*Fascia Fitness is  
"The Missing Link"*



FasciaFitnessOnline.com

Jennifer Smith,  
Master Trainer  
The Fascianator Method

Fascia Fitness Online, LLC  
Cell: 720-989-7770  
FasciaFitnessOnline@gmail.com  
www.FasciaFitnessOnline.com



The Roadmap to Freeing Your Fascial Organ System to  
Enjoy Pain Free Living!

Self-Myofascial Release  
Practitioner Certification

For  
Wellness  
And  
Fitness  
Professionals

*When in Doubt...  
Roll it Out*



## Certification Objectives

- ⇒ Understanding of the evolution definition and functions of the fascia
- ⇒ The science behind Fascianator Method and design of the Fascianator
- ⇒ The approach to fascial structures and an anatomical understanding of the biomechanics of the body
- ⇒ The physiology behind the fascia, the affects on human performance and the physiological effects and wellness benefits of fascial care
- ⇒ The psychological considerations when administering the Fascianator Method of self-myofascial release
- ⇒ The practical application of all techniques contained in the Fascianator Method



## About the Certification

### Target Audience

Personal Trainers, Massage Therapists, Physical Therapists, Occupational Therapists, Chiropractors, Pilates and Yoga Instructors

### Experience

A working knowledge of human anatomy. Wellness or fitness instruction. Degrees in the sports sciences are recommended but not required.

### Continuing Education Credits

CEU's (10 contact hours) are offered upon successful completion of course.

### Course Fees

\$595 Includes:

- ⇒ Certification Manual
- ⇒ On-line pre-recorded lectures
- ⇒ Foundational Instruction
- ⇒ Practial Application
- ⇒ 2 x Fascianator Rollers
- ⇒ 2 x Gua Sha
- ⇒ CEU's (10 contact hours) are offered upon successful completion
- ⇒ 2 of Anthony Chrisco's zoom classes
- ⇒ 1 month unlimited zoom classes with Fascia Fitness Online to prep for audition
- ⇒ Practitioner Marketing Packet upon completion of 20 hours of required practicum

## Meet Master Trainer



Jennifer Smith  
AFAA Certified GFI,  
Fascianator Method  
Master Trainer and Practitioner.

Jennifer has over 30 years of experience in the nutrition & wellness profession. She has trained under Anthony Chrisco, the creator of "The Fascianator Method" of Self-Myofascial Release (SMR). Her passion is to empower others to become their best future self through self-care.

## About Anthony Chrisco



Anthony Chrisco, BSC, ACE, PES  
Founding member of the  
Fascia Research Society

Continuing Education Provider for the  
National Academy of Sports Medicine,  
The American Council on Exercis and  
Board of Certification for Athletic Trainers