

The Rossiter System Workouts

5-minute Rossiter stretching session can eliminate pain or tightness anywhere in the body

**A Rossiter Coach in your Athletic Club or Health Studio
will keep your members, employees and trainers in top shape!**



The Rossiter System targets the body's connective tissue, which tightens and shortens from age, overuse and injury. Rossiter workouts loosen tissue and return to the body the "space" it needs to work freely, without symptoms, pain or tightness.

Some symptoms ease within minutes of the first Rossiter techniques, some take longer. The harder trainers/members work and the more attention they pay to details, the quicker they'll experience results. In no time, they'll have their bodies back!

No drugs ~ No splints ~ No shots ~ No surgery

Contract a Rossiter Certified Coach to:

- Keep your trainers pain-free and on the job!
- Workouts for your members – 15- to 30-minute sessions keep them coming back.
- Achieve optimal fitness for events and competitions. Use Rossiter stretches before events for flexibility, after events for pain relief.
- Teach Club Trainers basic Rossiter techniques to assist members in need. Easy to learn, easy to do.

Membership attendance is challenged by time, money, and pain. A Rossiter Workout can eliminate the pain! Members meet their fitness goals and you protect your bottom line.

Rossiter is Fast, Safe, Effective

Each session is designed to focus directly at the sites where pain originates.

- Eliminate back pain, achy knees, shoulder pain, tennis/golfer's elbow, carpal tunnel syndrome and more!
- Increase agility and mobility
- Improve quality of life by releasing old injuries and erasing chronic pain.



TheRossiterSystem.com

Training videos and pictorial workbooks instill confidence while learning the techniques.

ATHLETE TESTIMONIALS for THE ROSSITER SYSTEM

“I always had a strong arm and quick release to second (base), but I had constant pain in my elbow. By using The Rossiter System workouts, I was able to not miss a game due to injury during my high school and college career. The difference in pain level before and after a single Rossiter workout is amazing... My arm and especially my elbow always felt loose and pain-free after a stretching workout.”

Tim Z., Eckerd College pitcher, 1992-95

“At one point in my pitching career, I was afraid to drop my arm out of my glove because I thought it might not come back up. I started with the Rossiter workout, and immediately noticed a difference. I used the workout continuously between starts, and the sharp pain I felt in my shoulder began to diminish to the point where I no longer felt it...and my performance and arm stretch improved dramatically.”

Todd G., former college pitcher

“I had such pain and numbness in both hands that I could hardly hold a ski pole or the steering wheel of my car. At the computer, I had to go through so many position gyrations just to comfortable. I did my first Rossiter stretching exercise and I could not believe the immediate results! My doctor last year my only hope was surgery. You saved me from the surgeon’s scalpel.”

Heidi T., ski instructor

“I couldn’t sleep and was having trouble writing from pain in my left elbow. Now I can extend my arm quite a bit farther than I could before. I was able to do batting practice this week without pain, and I don’t have the pain at night that I had before.”

C.S., factory scheduler and recreational athlete

“Now I’ve got some new tools – more like the Guns of Navarone – to rock and roll with.”

Richard H., bodyworker and competitive runner, St. Paul, MN

“These are incredible tools that help relieve chronic pain... Because of chronic foot pain, I haven’t been able to go hiking like I used to. But now my own feet are so much better after learning The Rossiter techniques. I’m excited because now I know I can hike up mountains better than I could before.”

Vickie C., soccer player, mountain hiker, Longmont, CO

“ I had one client recently who injured herself just after Thanksgiving and she had been training 5 months for the Phoenix Marathon. Neither she nor her trainer thought she would be able to run... After 3 sessions about 10 days to 2 weeks apart, ...she ran the marathon on Sunday and finished it. Came back in today and I “Rossitered” her again. She left a very happy lady. Did I mention she is in mid 50’s? Just had to mention how great it is when you can help another with their dream.”

D. Melnychuk, AZ