

“AIS was like getting all my joints oiled. I noticed a greater range of motion and the easy way my body moved when I worked out the next day. I had no idea what a difference stretching could make. ~Julie R.”

## COACHMEFIT INTRODUCES ACTIVE ISOLATED STRETCHING (AIS)



Relief from stiffness in muscles and joints. Greater range of motion and flexibility. Reduced muscle soreness. Injury prevention. These are among the immediate benefits of CMF's newest service — Active Isolated Stretching. Anyone is a candidate for AIS including athletes, people recovering from injury or needing rehabilitation, the super fit to the not-at-all fit, young and old.



### What happens during a session?

One of our certified AIS trainers will work one-on-one with you to stretch the muscle groups you want to target. He or she will isolate the muscles to be stretched using precise localized movements. The trainer directs the client on how to move the muscle to be stretched to a point of resistance and the trainer continues the movement beyond that point. Each stretch is held for only 1.5 to 2 seconds and is repeated 5 to 8 times. The combination of the short duration and numerous repetitions is very effective in stretching muscles without causing discomfort.

### Fees:

30 minutes – \$45  
60 minutes – \$70  
90 minutes – \$95

To make an appointment  
call 734-477-9430 or  
email [annarbor@coachmefit.com](mailto:annarbor@coachmefit.com).

**COACHMEFIT**  
PERSONAL TRAINING PERFECTED