

Personal Fitness Trainer and Sport Physiotherapist

Oliver holds a master's degree in Exercise Science and Coaching from one of the leading Sports Universities worldwide (German Sport University).

Over the years he has collaborated with international universities, institutes and sport related business and has added a broad range of different aspects of fitness and health to his experiences.

He is specialized in:

- Training for fitness professionals
- Consultancy for sport and fitness-related businesses
- Exercise Physiology
- Golf Athletic Coaching
- Sport-Physiotherapy and injury prevention



OLIVER ZÄNKERT



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His hobbies, kite & windsurfing, and his wish to live in a multi-cultural-environment and in fantastic natural surroundings, have brought him to Mauritius.

He is director of "Institute of Movement, Fitness & Sport" (www.mfs-institute.com) and "GolfFitnessCoaching" (www.golffitnesscoaching.com).



Train like the Pros. A 360-degree-approach for better (Golf) performance

**Saturday 4th September
Conference Room #2
9am to 10am**

Progress in sports performance depends on several factors. Only a 360° approach brings you to the next level - knowing that a chain is as strong as the weakest part. The only way to succeed is to constantly measure and reflect on the current situation.

This paves the way to prepare and optimize your performance. Anyway, if these are longer drives, better concentration, playing pain-free with more consistency, or just getting in better shape and staying fit.



Tensegrity - A gamechanger in elite sports - Why planks & crunches are obsolete

Saturday 4th September
Conference Room #2
11:30am to 12:30pm

The optimization of sports performance and physical fitness is the main subject of sports and exercise science. Despite many years of research, injuries are still commonplace, both in recreational and high performance athletes, whether in non-contact sports or in fitness training.

The tensegrity approach is both - injury prevention and performance enhancement and explains at the same time why exercises like planks and crunches are obsolete.

