



# Posterior Chain: The Missing Link

*Sean Schniederjan, Dr. Mark Shirley*

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## **Posterior Chain: The Missing Link** Sean Schniederjan, Dr. Mark Shirley

Discover an unknown, powerful back exercise that will reset your posture in seconds that was thought up by the mutual minds of Fitness Author Sean Schniederjan and Dr. Mark Shirley, D.O.

Dr. Shirley has witnessed how this game changing back exercise has erased 10-20 years of client back pain in less than one minute.

In 2015, Sean got an email from a coach who said he did Posterior Chain Linked 2.0 with 4 clients before deadlifting one morning. 3 sets personal bests and the other fixed his back pain.

Around this time, Sean met Dr. Mark Shirley, an osteopathic physician (D.O.), C.S.C.S., and long time athletic trainer (collegiate football, MMA, triathlons to name a few) from Omaha, NE. Dr. Shirley was impressed with the Posterior Chain Linking exercises. He reported that the exercises were producing outstanding results in his practice, even going so far as to say they were a "missing link" in his practice because they were an easy solution to common musculoskeletal problems that he commonly saw. Dr. Shirley said that in some instances he'd have patients come in with 10-20 years of back pain and it would be gone in less than one minute.

Sean and Dr. Mark bounced ideas back and forth for the next half a year. During this time, Dr. Shirley helped take Posterior Chain Linked to the next level with his days spent in the trenches treating athletes and non-athletes for back pain and physical dysfunction using PCL with his own "tweaks." Dr. Shirley, an athlete himself uses PCL before his own workouts.

Posterior Chain Linked is the collaboration of an innovative and influential fitness author with a D.O. and C.S.C.S. who has treated men and women with back pain for over 20 years. PCL is a fast, easy and super effective for strengthening your hips, back and shoulders for sport and life.

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