



## GROUP FUNCTIONAL FITNESS TRAINING



**Level 1 Group Functional Training Course.** Learn hands-on how to utilize the MoveStrong™ FTS to conduct challenging, highly effective, and ever changing group workouts for your personal training clients, bootcamps, athletes, students, and anyone looking for results the MoveStrong™ way! We will work with you on putting the pieces together to create safe group functional training workouts scaled for all fitness levels.

### WHAT YOU WILL LEARN IN OUR INTRODUCTORY COURSE

- Progressions and regressions to many exercises performed on and in conjunction with the MoveStrong™ FTS
- How to program safe, effective, and a variety of workouts for your clients based on your target customer and area of emphasis
- How to launch and promote group functional training sessions for clients to add additional revenue to your personal training programs
- Benefits of interval based functional strength training for a total body balanced multi-planar workout
- Different modalities to create workouts such as bodyweight and gymnastic exercise variations, suspension training, resistance bands, training ropes, medicine balls, and more

### WHAT YOU GET

- a MoveStrong Master Trainer on-site for a day of hands-on education
- Continuing education credits for approved certifications. Contact us for CEC/CEUs available
- MoveStrong™ programming manual with exercise descriptions and templates to assist in conducting group workouts
- Access to Video library of exercises that can be performed with MoveStrong™ products
- Email/Blog support from your MoveStrong™ Master Trainer
- Additional workouts and programming tips as released for MoveStrong™ certified professionals
- Special offers on new MoveStrong™ products released

This one day introductory certification course is available to customers with a MoveStrong™ FTS. Contact us today for details on scheduling your certification course onsite.



Contact us for additional details and pricing. Financing available.

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