

Suspended Functional Training

悬吊式功能性训练

Perfect Functional Tool for Your Clients to Accomplish Any Goal

帮助客户完成任何目标的完美工具

Course Overview 课程介绍

Suspended Functional Training introduces fitness professionals to the application of suspended training tools in their training. Suspended training tools are extremely versatile – they can be used almost anywhere to accomplish any goal, be it fat loss, power and even strength. The tools' unique ability to utilise a person's bodyweight as a source of varying external resistance offers a fun and unique challenge that's appropriate for all fitness levels. As a result, you'll be empowered to help your clients develop strength, balance, flexibility and core stability simultaneously.

体适能训练专家将在这门课程中学习如何将悬吊式训练运用在客户身上。悬吊式训练工具用途广泛，几乎可在任何地方，达到任何训练目标，像是减脂、爆发力甚至是肌力。该工具的独特之处在于能够利用个人的自体重改变外界阻力，设计适合所有能力水平有趣并独特的挑战。最终，您将具备帮助客户同时发展肌力，平衡，柔韧性与核心稳定性的能力。

Course Highlights 课程亮点

- Walk away with more than 30 exercise choices for warm-up, core, muscle group, power and flexibility training
带走超过 30 个动作练习，包括热身，核心，肌群训练，爆发力训练，以及柔韧性训练
- Learn how to coach, progress and regress these exercises
学习如何带领，进阶与退阶训练
- Sample suspension training program
悬吊式训练范本

Why Should You Consider This Course? 您为什么需要参与这项课程

- Give your clients a fun and unique workout using the suspended functional training tool which can be used anywhere
利用悬吊式训练工具的方便性，为您的客户进行有趣并独特的训练。
- Work with a diverse group of clients with different goals
能够训练能力不同与不同目标的客户。

What Are the Topics Covered? 课程包含了哪些主题？

- Setting and usage of the suspension equipment and how to successfully adjust the resistance and stability of exercises
设置与使用悬吊用具，以及如何有效调整阻力与运动的稳定性
- Understand the benefits of suspension training
了解悬吊式训练的好处

- Safe and effective exercise techniques, progressions, and regressions of exercises for all fitness levels
针对每个运动能力，选择安全有效的运动技巧、进阶、与退阶的运动
- Cue and correct common technique faults
针对常见错误技巧进行提示与纠正
- Structure the exercises into an appropriate class format
适当将各种训练融入课表中

Who Will This Benefit? 这项课程适合谁？

- Fitness Professionals
体适能训练专家
- Health Professionals
医疗专家
- Strength and Conditioning Professionals
肌力与体能训练专家
- Sports Coaches
体育教练
- Fitness Enthusiasts*
健身爱好者

*Note: to gain full benefits of the course, fitness enthusiasts should already have pre-existing knowledge and skills in resistance training and flexibility exercises. E.g. Names of exercises, muscles involved, techniques and how to put a workout session together (irregardless right or wrong).

*注意：为了充分理解课程内容，健身爱好者需具备阻力训练和柔韧性动作的知识和技能。例如。动作的名称，涉及的肌肉，技巧以及如何安排训练课程（无论对与错）。

Pre-requisite 参课条件

This course is designed for fitness professionals with existing knowledge on functional movement coaching who wish to learn how to use a suspension trainer. Basic fitness instructing/personal training certification is recommended.

专为已有功能性训练知识，并想学习使用悬吊式器材的体适能训练专家设计。建议事先获取基本体适能指导/私人教练证书。

Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

CEC Points 继续教育学分

ACE 0.4 CECs

Course Duration 课程时长

4 hours (1 day)

4 小时 (1 天)

Course Time 课程时间

9am – 1pm, or 2pm – 6pm

上午 9 时—下午 1 时，或下午 2 时—下午 6 时

Learning Materials 学习材料

Handouts, course manual and/or presentation slides

讲义，课程教材和/或 PPT

Awards 证书

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

全程参与并完成工作坊/课程后，方能获取结业证书

Grading Criteria 通过标准

Completion of course participation and assignment(s)

全程参与课程和完成作业

Recertification 重新认证

N/A

Exam Fee 考试费用

N/A

Dress Code 着装规范

Fitness attire

运动服装

Fitness Edutraining Asia (FEA)



What Do I Need To Bring? 我需要带什么？

Stationery and a spare change of clothes
文具和一套替换服装

Course Capacity 课程人数

A minimum of 12 pax and a maximum of 20 pax
至少 12 人，最多 20 人

Language 语言

English, Mandarin
英文，中文

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