Certified Sub30 Core Course

Sub30 Core is a specialised training certification that helps fitness trainers increase their knowledge and understanding of the core region. As a Sub30 Core Certified trainer, you will have the credentials to position yourself as a core expert within your local community.

Course Overview

Developed in Australia, Sub30 Core™ is an effective 20 minute workout that targets every aspect of the core; from the abdominals, to the obliques, and the back region. Built around the latest upbeat music tracks, voice commands guide participants through a series of unique audio based workouts, so you can give your clients 100% of your attention.

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The course has been designed by Sean McCrory with the help of Fitness Education Online. The course was released in February 2020 in Australia and within 6 months was the fastest selling online program within theirt country. Today over 1200 trainers in 14 different countries have the Sub30 Core program as part of the continued fitness education and business.

Sub30 Core is an online self-paced course with 8-10 hours of core-based content.

Course Curriculum

- Introduction and Welcome (127mins)
- Anatomy and Movement of the Core (5mins)
- Tips from Aaron D'Rozario (Sub30 Physio) (16mins)
- Interview with Experts Dr Stuart McGill & Nardia Norman (142mins)
- Advice from Dr Samuel Webster (Anatomy Lecturer Swansea University) (24mins)
- Core Stretching & Strengthening Videos and Tips (92mins)
- Putting Sub30 Core into practice (24mins)
- Sub30 Core Workouts (29mins)
- Course Completion.

Course Objectives

On completion of this course students will: -

1. Become a Certified Sub30 Core Trainer.
2. You will have the foundation and the credentials to position yourself as an expert in all areas of core strength and development.
3. Be qualified to deliver Sub30 Core workouts.

Course Highlights

You will gain insights advice and tips from some of the world's leading experts on the core.

Part A: Core Education:

1. Anatomy and movement of the core
2. Core injury prevention
3. Breathing and bracing
4. Pelvic positioning
5. Activating your core
6. Core stretching and strengthening
7. videos and tips

Part B: World Leading Expert Advice:

1. Understanding the core - Dr Stuart McGill
2. Glutes and erector spinae - A video presentation by Dr Samuel Webster
3. Woman's Health - Nadia Norman

Part C: Sub30 Core™ Workouts:

1. Tips on running a Sub30 Core™ Workout
2. Bringing Sub30 Core™ into your fitness business
3. Download access to 4x Sub30 Core™ workouts

Why Should You Consider This Course?
- The core region is without doubt the least understood and most neglected area for most fitness trainers, yet the most important group of muscles in the human body for exercise and everyday life. The Sub30 Core Course aims to change that and rectify that lack of understanding.

What Are the Topics Covered?
Core Education:
- Anatomy and movement of the core.
- Core injury prevention.
- Breathing and bracing.
- Pelvic positioning.
- Activating your core.
- Core stretching and strengthening.
- Videos and tips.

World Leading Expert Advice:
- Understanding the core - Dr Stuart McGill.
- Glutes and erector spinae - A video presentation by Dr Samuel Webster.
- Woman's Health - Nadia Norman.

Sub30 Core Workouts:
- Tips on running a Sub30 Core™ Workout.
- Bringing Sub30 Core™ into your fitness business.
- Download access to 4x Sub30 Core™ workouts.

Who Will This Benefit?
- Fitness Professionals.
- Personal Trainers.

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- Group Fitness Instructors.
- Online Personal Trainers.

Pre-requisite
This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course Provider
Fitness Education Online - Fitness Education Online is one of the leading providers in the world when it comes to delivering online education to Fitness Professionals, providing over 30 registered CEC courses. Fitness Education Online is also the administrators of the largest Facebook Group in Australia / New Zealand for Fitness Professionals (Fitness Education Online Community Facebook Group)

Course Educators

Sean McCrory (Owner & Designer of Sub30™ Core)

Sean has 12 years' experience in all aspects of the health and fitness industry. Sean has designed various fitness program such Body Revolution Online, Introduction to Fitness and written numerous fitness books.
For the last 2 years he has turned his attention to developing a core program (Sub30 Core™) for other Fitness Professionals.

Jono Petrohilos, *Bachelor of Science (Health and Exercise, Exercise Physiologist, Fitness Australia Level 3 registered Personal Trainer, 14 years of experience in the Fitness Industry.*

Jono is the co-founder and director at Fitness Education Online. Jono is also a qualified Exercise Physiologist, best-selling author (The Bootcamp Blueprint), and the host of the successful podcast "The Bootcamp Blueprint". Jono is the current 2020 Fitness Educator of the Year Recipient (awarded by Fitness Australia)

Travis Mattern, *Co-Founder of Fitness Education Online, Bachelor of Education, Fitness Australia Level 2 registered Personal Trainer, 10 years of experience in the Fitness Industry*

Travis is a qualified personal trainer with over 10 years of experience, working in various settings. His niche and expertise is on Bootcamps and Functional Training, even co-authoring 'The Bootcamp Blueprint' and presenting on the topic internationally. Fitness Education Online also strives to provide endless content and value to all personal trainers within their community Facebook group, which is one of the largest available with over 10,000 members. Travis and Fitness Education Online are proud to have helped countless trainers grow their own businesses using their Bootcamp and Social media strategies.

CEC Points
N/A

Course Duration
8-10 Hours Online Self Paced.

Learning Materials

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Students will receive PDF and PowerPoint versions of the course, so they can read/listen in their own time. They will also gain access to our private Facebook Group where they can ask questions.

Awards
Upon completion of this course, you will be awarded a Certificate recognising you as a Certified Sub30 Core Trainer.

Course Capacity
Unlimited.

Language
English.

Information displayed above is correct during time of publishing and may be subject to change without prior notice.

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