

Suspended Functional Training

Perfect Functional Tool for Your Clients to Accomplish Any Goal

Course Overview

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.

Course Highlights

- Walk away with more than 30 exercise choices for warm-up, core, muscle group, power and flexibility training
- Learn how to coach, progress and regress these exercises
- Sample suspension training program

Why Should You Consider This Course?

- Give your clients a fun and unique workout using the suspended functional training tool which can be used anywhere
- Work with a diverse group of clients with different goals

What Are the Topics Covered?

- Setting and usage of the suspension equipment and how to successfully adjust the resistance and stability of exercises
- Understand the benefits of suspension training
- Safe and effective exercise techniques, progressions, and regressions of exercises for all fitness levels
- Cue and correct common technique faults
- Structure the exercises into an appropriate class format

Who Will This Benefit?

- Fitness Professionals
- Health Professionals
- Strength and Conditioning Professionals
- Sports Coaches
- Fitness Enthusiasts*

*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).

Pre-requisite

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.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE 0.7 CECs

Course Duration

7 hours (1 day)

Course Time

9am – 5pm

Learning Materials

Handouts, course manual and/or presentation slides

Awards

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

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness attire

What Do I Need To Bring?

Stationery and a spare change of clothes

Course Capacity

A minimum of 12 pax and a maximum of 20 pax

Language

English, Mandarin

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