

# 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