

HYPERBLADE FUNDAMENTALS

COURSE PROSPECTUS

COURSE DESCRIPTION

- A new rehabilitation method with **immediate impact** to get yourself and clients back into action **FAST** by restoring and improving mobility
- Learn the functions and benefits of Instrument Assisted Soft Tissue Manipulation (IASTM) for recovery
- An alternative IASTM tool for recovery of the body other than foam-rolling, trigger point therapy, and stretching
- Apply skills of hyperblade during warm up session to improve body mobility in preparation for workout sessions ; and restore mobility and reduce muscle tightness after exercises
- 1-day workshop with 80% of time focusing on hands on training with hyperblade techniques
- Learn to combine patient active-motion with hyperblade to mobilize clients before PT session and post session recovery

GOALS OF THE COURSE

- ✓ Students learn the hyperblade techniques to decrease muscle hypertonicity and reduce lactic acid buildup ; release tight and restricted muscles ; promote muscle fiber growth and decrease stiffness and sore muscles; and increase the blood flow to muscles and manage pain
- ✓ Students being able to maximize the effectiveness of the hyperblade by mastering the application with proper pressure, placement, angles, length and techniques on self and clients.
- ✓ Understand safety protocols and contraindications of using hyperblade when working with clients from different backgrounds and conditions
- ✓ Utilise the blade in different ways with correct protocols for every joint, muscle, and connective tissue, including: feet, knees, hips, back, shoulders, neck

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WHO IS THIS FOR?

Professionals in

- Fitness industry
- Movement instructors
- Strength & conditioning professionals
- Healthcare professionals

ENROLLMENT CRITERIA

- At least one year experience working with clients in a fitness or clinical setting
- Students who wish to study for their own use need not have any industry experience



COURSE INFO

LANGUAGE OF INSTRUCTION

- English
- Chinese

DURATION

- 8 hour practical workshop
- 9am-5pm

CAPACITY

- 20 Students
(One Instructor)

CECS GAINED

- 0.8 CECs for ACE
- 0.8 CEUs for NASM

COURSE MATERIALS/ TOOLS

- Course notes in English or Chinese
- Hyperblade

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INSTRUCTORS



STEVEN CHEW

- Hyperblade Master instructor
- Founder, Fitness Academy Asia

HYPERBLADE SPECIFICATION



- **Size:** 146x10.5 30mm
- **Material:** metal (zinc alloy + plastic + silica gel)
- **Input:** 5V-1A
- **Output power:** $\leq 0.8W$
- **Battery capacity:** 1100mAh
- **Frequency:**
 - 1st gear: 8000 rpm
 - 2nd gear: 10000 rpm
 - 3rd gear: 12000 rpm
- **Automatic protection setting:** will stop automatically after a minute without touching skin
- **Current:**
 - 1st gear: pulse voltage 43.6v
micro current 5mA
 - 2nd gear: pulse voltage 52.6v
micro current 7mA
 - 3rd gear: pulse voltage 62v
micro current 9mA



Free Hyperblade Provided

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MATERIALS NEEDED

- Note pad and writing equipment for notes
- Sports Attire (shorts, t-shirts, sports bra)
- Hyperblade provided



ASSESSMENT

No assessment required for the course. Students are expected to partake in the practical session of the course to ensure understanding techniques and methodologies.



CERTIFICATIONS

Certification of Course Completion will be issued by CERF global.

COURSE STRUCTURE

Theory of IASTM and Product Knowledge

Contraindications and Precautions

Neck Protocols and Assessment

Shoulder Protocols and Assessment

Hips and Pelvis Protocols and Assessment

Knee Protocol and Assessment

Foot and Ankle Protocol and Assessment

TO REGISTER

- Enrolment complete when payment received
- For group registration, please contact us for preferential pricing

CONTACT INFO

- Email: specialize@fitnessacademyasia.com
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