

# Suspended Functional Training

## 悬吊式功能性训练

Perfect Functional Tool for Your Clients to Accomplish Any Goal

帮助客户达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.

悬吊式训练工具用途广泛，几乎可在任何地方训练。它适合不同能力的客户，它帮助你达到任何训练目标，像是减脂、爆发力甚至是肌肉力量。它的独特之处在于能够让个体利用自身体重改变外界阻力，挑战有趣并独特的动作。在这堂课程中，你将掌握如何指导客户做悬吊式功能训练，并掌握帮助客户同时开发肌肉力量，平衡，柔韧性及核心稳定性的能力。

### Course Highlights 课程亮点

- Walk away with more than 30 exercise choices for warm-up, core, muscle group, power and flexibility training  
学习超过 30 个悬吊动作，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  
学习如何指导和对动作的进退阶
- Sample suspension training program  
悬吊式训练范例

### 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便利性，为你的客户带来有趣并独特的训练体验。
- Work with a diverse group of clients with different goals  
能够同时训练能力与目标不同的客户。

### 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  
学习使用悬吊工具，有效调整阻力与稳定性
- 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  
针对不同能力的客户，选择安全有效的动作技巧和动作的进退阶
- 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  
把各个动作恰当的加入课表中

### **Who Will This Benefit? 这项课程适合谁？**

- Fitness Professionals  
体适能训练专家
- Health Professionals  
医护人员
- 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：为了确保学员充分理解课程内容，学员需掌握一定程度的阻力训练经验、柔韧性训练的知识和技能。例如，动作的名称，动作牵涉到的肌肉，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，并想学习悬吊式训练的教练设计。建议事先获取基本体能指导/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 0.7 CECs

**Course Duration 课程时长**

7 hours (1 day)

7 小时 (1 天)

**Course Time 课程时间**

9am – 5pm

**Learning Materials 学习材料**

Digital course slide handouts

电子课本课程幻灯片讲义

**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 服装**


Fitness attire

运动服装

**What Do I Need To Bring? 我需要带什么？**

Stationery and a spare change of clothes

Fitness Edutraining Asia (FEA)



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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