MODULE 1

Day 1: Program Design & Conditioning Essentials

It's essential to design programs that are specific to your client's needs, abilities and goals. To deliver this to your clients, you first need to understand all the principles and parameters that deliver result-producing programs.

Topics covered in this section include:

- Warm-up/Cool Down
- Specificity
- Rest Recovery
- Overtraining
- Periods of Delay
- Real World Range of Motion
- Physical Quality Challenges
- Exercise Prescription Parameters
- Case Studies

Day 2: Mobility, Flexibility and Tissue Health for the Upper & Lower Body

This section illustrates how crucially important flexibility, stability and mobility is to complete physical health. You will learn the science behind tissue health and function but also **how** to train and maintain it.

Topics covered in this section include:

- The TMP Model of Flexibility, Stability and Mobility
- Mechanomes
- Tissue Tolerance
- Reciprocal Inhibition
- Myofascial Meridians

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Course topics and order may be changed at anytime