

10 week development - How to be a 'Top shelf Trainer'

Session 1

What, Why, Obstacles
6 Keys to Health & Well Being
1- Movement
Squat, Lunge, Push, Pull, Bend, Twist, Arms

Session 2

Program Prescription
Sagittal, Transverse and Frontal Plane
Bosu, Swiss Ball and TRX

Session 3

What is Selling
Sales Protocol
Winning Clients

Session 4

2 - Nutrition
Macro
Strategies for Success

Session 5

3- Hydration
30min Comp Session
10,10,10 and 3-s

Session 6

4- Thoughts
Fitness Assessment
Health Screen

Session 7

5- Breathing
Input vs Output
Goal setting

Session 8

6- Sleep
Recovery
Supplements

Session 9

Fitness Journey
Why Personal Training Works
10 Keys to success

Session 10

What is your perfect week
Circle of Life
What next??