

Webinar Information Sheet

Webinar Title: "Do This, Not That: Cheap Tricks for Trainers"

Course Description: A "cheap trick" is an exercise technique that is designed to get fast results for your clients; this keeps them motivated and makes you look good too. This compelling class takes common exercises as well as those that are somewhat underused and examines how changing the joint angle or the position can dramatically affect the results. You'll discover variations for exercises for every major muscle group that should be used more frequently than they are. Whether you are a novice trainer or a seasoned pro, this eye-opening class is sure to make you re-think your training methodology.

Learning Objectives:

- After viewing this webinar you will be able to:
 - Identify exercises that works each muscle group in a more effective way
 - Explain how to properly target various muscle fibers
 - Describe and debunk various myths about exercises
 - Provide better alternatives to existing workout routines

Target Audience: Fitness Professionals, Strength & Conditioning Specialists, ATs, PTs, PTAs, LMTs.

Schedule and Format: Self-paced recorded webinar.

Registration Fees: \$20.00

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

Course Developer Credentials:

Chris Marino, M.S., CSCS

Chris is a strength and conditioning specialist in private practice in the metro Philadelphia area. With almost 10 years experience in all aspects of fitness Chris specializes in training clients with chronic orthopedic conditions and those who have been released from physical therapy following joint replacement, surgery or injury. Chris is the owner of "Marino's Body Shop," a personal training management company located in southeastern PA specializing in Boot Camps for different fitness levels. Chris is certified by the NSCA, ACSM, and ACE and is experienced in functional training, core conditioning and advanced exercise techniques for athletes and recreational athletes. Chris joined our faculty in 2001.

Course Presenter Credentials:**Guy Andrews, M.A., CSCS**

Guy is the Executive Director of Exercise ETC. He is a Certified Strength and Conditioning Specialist through NSCA as well as a Senior Fitness Specialist and a Performance Enhancement Specialist, both through NASM. He has worked in the fitness field since 1983 as a boot camp instructor, group fitness instructor, group fitness director, personal trainer, fitness director and health club general manager. He earned his bachelor's and master's degrees from Florida Atlantic University in Boca Raton, FL and holds multiple fitness certifications. Over the years, Guy has worked with many population groups, especially the older adult population, and has worked in a variety of environments including corporate fitness, hospital-based wellness centers, municipal and community centers and major health clubs. He currently teaches senior fitness for the City of Wilton Manors, FL as well as at the Edgewater Assisted Living Community in Boca Raton, FL. Guy has authored numerous continuing education articles and programs. His weekly newspaper column can be seen weekends in the South Florida Sun Sentinel. Guy has been with Exercise ETC since 1992.

Contact Hours/CEUs/CECs: *Please visit our website for the most up-to-date continuing education awards.*

Sponsors: N/A