

Course Information Sheet

Course Title: *Complete Guide to Landmine Training*

Course Description: When training for fitness or performance, you have an array of equipment to choose from. Unfortunately, pain or limitations related to the knees, hips, lower back, or shoulders can limit your options with dumbbells, barbells, or machines. The need for an alternative way to load the body in unique, joint-friendly positions is at the heart of why the landmine was created. Complete Guide to Landmine Training is the ultimate resource for everything you need to know about this powerful training device. Renowned coaches David Otey and Joe Drake break down the science behind landmine training, why it works, where it is most effective, and how you can immediately begin to reap its benefits. Inside the book you will find the following: 82 exercises for the upper body, lower body, full body, and core, with coaching cues and modifications, including countless options for training around restrictions 35 workouts to train for total body conditioning, advanced conditioning, hypertrophy, strength, and power that feature options for using the landmine alone or in combination with other equipment The foundations of program design to help you understand training principles that can be applied to any workout, not just those using a landmine Don't get stuck in the same old routine. Complete Guide to Landmine Training is the secret to adding versatile, joint-friendly workouts to your training.

Learning Objectives:

1. Explain foundational training principles of landmine training
2. Define the various attachments and safety considerations of landmine training
3. Explain what landmine training are most effective for various parts of the body.
4. List modifications for various landmine exercises.
5. Define the muscles involved in various landmine exercises.
6. Outline the step-by-step instructions for executing landmine exercises.
7. Define basic principles of effective training.
8. List training variables needed for a successful landmine program.
9. Explain the application of variables for different training goals.

Target Audience: Beginner/Intermediate/ Advanced

Schedule and Format: Self-paced home study

Registration Fees: See our website for details: www.exerciseetc.com

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 the three day window and then return the book to use in saleable condition. That's it. No questions asked.

Instructor/Author Credentials

David Otey, CSCS, is an internationally recognized educator, author, and 15+ year personal trainer. Otey specializes in landmine training, unconventional training, and rotational power. He has been featured in Men's Health, Muscle & Fitness, Onnit Fitness & Nutrition, Weight Watchers, NSCA, and more. David is a graduate from Rutgers University in Exercise Physiology and was Equinox's Fitness Manager of the Year for 2015.

Joe Drake, ACSM-CEP, NASM-CES, CSCS, NSCA-CPT,*D, is an experienced international educator and coach with more than 15 years of experience in the fitness industry. He is the cofounder and CEO of Axiom Fitness Academy, a hands-on fitness education company offering certification courses, continuing education, and mentorship for aspiring fitness professionals. Drake has worked in nearly every aspect of the fitness industry and has served as a consultant for major industry brands such as Technogym in bringing new products to market.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A