

Webinar-on-Demand Information Sheet

Program Title:

Kettlebell Training: Form and Function

Course Description:

Kettlebells are effective, inexpensive, and a staple for every fitness professional.

If you are looking to inject some high-octane excitement into your training explore some of today's hottest Kettlebell exercise. You'll learn how to perform and coach exercises and create plans based on your client's individual needs, goals, and schedule. Short on time? You'll love the sample Kettlebell flows included in this webinar!

Learning Objectives:

After viewing [Kettlebell Training: Form and Function](#), you will be able to:

- Discuss foundation of Kettlebell Training
- Review types and key components of Kettlebell training
- Discuss benefits and risks of Kettlebell training
- Identify vital techniques to perform Kettlebell training safely and effectively
- Perform several Kettlebell exercises, from beginner to advanced, and from stable to dynamic positions

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

Schedule and Format: Self-paced recorded webinar.

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

Cancellation/Refund Policy: See our website for details:
www.exercisetc.com

Course Developer and Presenter Credentials:

Pete Rohleder, MS, CSCS

A 17-year exercise and fitness industry professional, Pete Rohleder has helped thousands achieve their health, fitness, and performance goals. Pete is an expert at bridging the gap between movement science and real-world application. His passion is to provide tangible takeaways to his students and clients so they can achieve efficient, lasting results. Pete owned and operated Pure Fitness Rx, a training studio focused on fitness, performance, and movement improvement through innovative, science-backed strategies. Pete was the State Fitness Consultant for the Miss Kansas America Pageant, and continues to consult with contestants, athletes, clients, and trainers. Pete has been teaching in higher education since 2011 and is currently a Clinical Instructor and the Program Coordinator for the Undergraduate Exercise Science Program at Georgia State University. Pete is also the host of the 'More to Movement' podcast, where he discusses the science behind movement and provides solutions to help his listeners properly apply the science to enhance training outcomes and improve movement discrepancies that hinder success. Pete holds a Master's Degree in Exercise Science from Wichita State University and has been a Certified Strength and Conditioning Specialist (CSCS-NSCA) since 2011.

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

Sponsors: N/A

Webinar-on-Demand Information Sheet

Program Title: Suspension Training: Form and Function

Course Description:

For developing strength, flexibility, stability, and balance, Suspension Training delivers results. Learn the origins of Suspension Training, how to progress different bases of support, and a variety of core activation strategies to make Suspension Training the ultimate functional fitness tool. This informative webinar includes over 90 demonstrations of exercises from beginner to advance to help your clients safely and effectively progress!

Learning Objectives:

After viewing Suspension Training: Form and Function, you will be able to:

- Discuss origins of suspension training
- Review key components of suspension exercises
- Discuss benefits and risks of suspension training
- Identify vital techniques to perform suspension training safely and effectively
- Perform several suspension exercises, from beginner to advanced, and from stable to dynamic positions

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

Schedule and Format: Self-paced recorded webinar.

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

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Sponsors: N/A

Webinar-on-Demand Information Sheet

Program Title: Landmine Training: Form and Function

Course Description:

There might not be a better, more functional tool than the landmine to give every fitness enthusiast the most comprehensive workout! Every fitness program should include foundational movements. The landmine makes each of these movements more accessible, so lifters with mobility restrictions or injuries can lift with minimal risk of injury. This informative webinar includes over 70 demonstrations of exercises you can incorporate today!

Learning Objectives:

After viewing Landmine Training: Form and Function, you will be able to:

- Discuss fundamentals of Landmine training
- Review key components of Landmine exercises
- Explain benefits and risks of Landmine training
- Identify vital techniques to perform Landmine training safely and effectively

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

Schedule and Format: Self-paced recorded webinar.

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Sponsors: N/A

Webinar-on-Demand Series Information Sheet

Program Title: Strength Bands Form and Function

Course Description: Resistance bands and elastic tubing have been proven to improve strength, size and function of muscles. These pieces of equipment are lightweight and versatile. This innovative webinar highlights the benefits of elastic tubing and introduces a variety of exercises and modifications to make any program a take-anywhere success!

Learning Objectives:

- After viewing Strength Bands: Form and Function, you will be able to:
 - Identify the benefits of elastic tubing.
 - Discuss the potential drawbacks of resistance bands.
 - Explain the necessary steps for a safe elastic tubing training program.
 - Explain a variety of exercises utilizing elastic tubing.
 - List ways to incorporate elastic tubing into dynamic exercises.

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

Schedule and Format: Self-paced recorded webinar.

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. All books must be returned in saleable condition. That's it. No questions asked.

Course Developer Credentials:

Guy Andrews, MA, 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 instructor, group fitness director, personal trainer, fitness director, and 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; he currently teaches senior fitness for the City of Wilton Manors and for the Edgewater Assisted Living Community in Boca Raton, FL.

Course Presenter Credentials: Pete Rohleder, MS, CSCS

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Sponsors: N/A

Webinar-on-Demand Series Information Sheet

Program Title: Dynamic Balance: Form and Function

Course Description: Dynamic Balance: Form and Function is all about balance, stability, and how the body moves! This brand-new, video-based webinar will showcase the components and systems responsible for balance and follow up with specific assessments and practical exercise to get your client performing more efficiently and with less risk of injury. Whether you are training elite athletes or older adults, this webinar will take your clients posture, balance, and stability to a whole new level!

Learning Objectives:

- After viewing Module 1: Pure Power: Integrated Rotation Training, you will be able to:
 - Discuss fundamentals of balance training
 - Review key anatomical and physiological components of balance
 - List the pros and cons of various balance assessments
 - Explain the benefits of balance training

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

Schedule and Format: Self-paced recorded webinar.

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

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