

Course Information Sheet

Course Title: Fusion Workouts

Course Description:

This brand new program is tailor made for how workouts are evolving during the pandemic. Learn how to combine fitness, Pilates, yoga, and barre and you get an incredible workout that can be done anywhere, anytime with individual clients or groups, in-person or remotely! You'll love the flexibility of an approach that allows you to combine four disciplines into individualized fusion workouts based on who you are training, how and when you are training them and with minimal equipment needs. If you are experienced, you'll love the imaginative workouts and if you're new to yoga, Pilates or barre workouts, the many full-color pictures will allow you to move forward with the confidence of a pro! Course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 286 pages.

Learning Objectives:

After completing the Fusion Workouts course, the participant will be able to:

1. Explain the 5-step fusion workout structure
2. List the Fusion Training principles
3. Explain how the mind influences the outcome of a workout
4. Demonstrate simple techniques to bring consciousness to fitness training
5. Identify the primary and secondary core functions
6. Compare and contrast the benefits of Pilates, yoga, fitness training and barre workouts
7. Explain ways to integrate these four disciplines based on client's goals and assessments
8. Explain breathing exercises to implement during training.
9. List the pros and cons of various progressive relaxation techniques
10. Describe how to incorporate a variety of meditation principles into training
11. Identify different Fusion Workouts to use for various fitness levels
12. Design and implement individualized workouts based on the fusion system

Target Audience: Personal trainers, Athletic Trainers, group fitness instructors, yoga & Pilates instructors, physical therapists, aquatic instructors.

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards:
www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind 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.

Instructor/Author Credentials:

Helen Vanderburg, BPE, is owner of Heavens Elevated Fitness, Yoga and Spin Studio and the creator and program developer of Fusion Fitness Training. With a career in fitness beginning in 1982 and experience as a group fitness instructor, yoga teacher, Pilates teacher, personal trainer, and educator, she is an innovator in the fitness industry. She has taught and trained instructors on fusion exercise and Fusion Fitness Training since 2000. Vanderburg is a highly respected leader and conference speaker at regional, national, and international events, presenting at more than 20 conferences annually.

Vanderburg holds a bachelor's degree in kinesiology physical education and is certified in yoga, Pilates, TRX, ACE group fitness, and several CanFitPro fitness disciplines. She has received numerous industry awards, including the IDEA Instructor of the Year in 2005 and CanFitPro Presenter of the Year in 1996, 2006, 2013, and 2015. She's also a consultant, education developer, and spokesperson for some of the world's most influential fitness companies, including Schwinn Cycling, BOSU, and Total Gym. Vanderburg has been a fitness columnist for numerous magazines and newspapers, including Fitness, Self, Chatelaine, Flare, and the Calgary Herald.

Vanderburg has a lifelong passion for fitness and sport. In 1973 she became Canada's junior champion in synchronized swimming. At the 1978 World Aquatics Championships in Berlin she won the gold medal in both the solo and duet categories. In 1978 and 1979 she received the Elaine Tanner Trophy and in 1979 she was named Canadian Female Athlete of the Year. Because of the Canadian boycott of the 1980 Summer Olympics in Moscow, she was unable to compete in the first Olympic Games to include synchronized swimming. She was inducted into the Canada Sports Hall of Fame in 1983 and the International Swimming Hall of Fame in 1985.

Vanderburg lives in Calgary, Alberta.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exercisetc.com

Sponsors: N/A

