

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.

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

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

Sponsors: N/A