

## Live Class Series Information Sheet

### Program Title: Non-Traditional Strength Training: The Complete Series

**Course Description:** Our brand new “Non-traditional” training program will show you an almost limitless variety of strength exercises for upper body, lower body and core, along with challenging cardio routines that can literally be done anywhere with a minimal investment of equipment. Using a base of progressive body weight exercises supplemented with the clever use of kettlebells, medicine balls, elastic tubes and balance discs, our expert trainers will show you exercise variations and progressions suitable for all of your clients from active seniors to busy Moms and Dads to hard core fitness enthusiasts.

Starting from a base of primal exercise movements you will use squats, lunges, deadlifts, pushes and pulls to build a foundation and then discover how to progress each exercise from beginner to advanced levels. You’ll discover both age-appropriate modifications for your seniors and higher intensity variations for your highly motivated clients who want to take their performance to a more advanced level. Whether your clients are aging Baby Boomers, weekend warriors or serious competitive athletes, they are sure to see major benefits from these exercises – even without a gym!

#### Learning Objectives:

- After attending Module 1: Core Training: The Future is Now, you will be able to:
  - Explain the seven movements Functional Movement Screen assesses.
  - Administer a proper Functional Movement Screen assessment.
  - Identify the normal range of motion for joints responsible for rotation.
  - Define ‘core muscles’.
  - List the muscles needed to properly support the spine.
  - List various exercises to properly train the core.
  
- After attending Module 2: High Intensity Cardio: Leaving the Comfort Zone, you will be able to:
  - Describe the three energy system pathways used during exercise.
  - Define High Intensity Training.
  - List various exercises to challenge the three energy system pathways.
  - Describe the use of the Borg RPE scale.
  - Discuss the different types of metabolic training.
  
- After attending Module 3: Upper Body Training: Results without Excuses, you will be able to:
  - Explain various programming requirements needed to build hypertrophy, muscular strength, and muscular endurance.
  - Identify the prime movers for the push and pull exercises.
  - Explain the importance of scapular stability.

- List guidelines for proper exercise techniques to challenge the upper body.
- List various programming hints and tips to reduce stress on the shoulder and elbow.
- After attending Module 4: Lower Body Training: Building a New Reality, you will be able to:
  - Analyze the movements of the ankle and assess how it affects motion for other joints of the body.
  - List the prime movers for deadlift, squat, and lunge exercises.
  - Design an individualized program to help improve the function of the knee and ankle with good neuromuscular control, stability, flexibility, and mobility exercises
  - List various programming hints and tips to reduce injury and hypermobility issues.

**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](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** All of our “live” training programs have a no-risk 100% money-back guarantee. If for any reason you can not attend class, just notify us at least 24 hours in advance and you will get your money back no questions asked. If we are forced to cancel a live class for any reason you will also get your money back.

**Course Developer and Presenter 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.

## **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](http://www.exerciseetc.com)

**Sponsors:** N/A