

Webinar Information Sheet

Webinar Title: Pure Power: Integrated Rotational Training

Course Description: Rotational training may be the last fitness frontier, as evidenced by the many trainers who still train primarily in the sagittal plane. Now, Education Director Mike Deibler will change that and take you to a whole new dimension of functional training, one in which the sheer power of the hips combines with the efficiency of the thoracic spine to improve function, increase performance and lower the risk of injury -- simultaneously! You'll appreciate the real-world application and love the crisp, crystal-clear video clips of these innovative exercises. Whether you train athletes or seniors, this brand-new webinar will take your training to a new level of excellence.

Objectives:

- After viewing this webinar, you will be able to:
 - Define functional training.
 - List the joints responsible for rotation.
 - Identify the normal range of motion for joints responsible for rotation.
 - Explain at least two rotational assessments.
 - List the strengthening and stretching components needed to correctly perform rotation.

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

Course Developer Credentials:

Guy Andrews, MA, CSCS

Cut 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:

Mike Deibler, MS, CSCS

Mike is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM and he teaches Exercise Science at San Diego State University. Mike is our Education Director; he joined our faculty in 2008.

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

Sponsors: N/A