

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 Specialists through NSCA as well as a Senior Fitness Specialist and a Performance Enhancement Specialists, 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

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.

Sponsors: N/A