

## Webinar-on-Demand Information Sheet

### Program Title: Suspension Training: Form and Function

#### Course Description:

For developing strength, flexibility, stability, and balance, Suspension Training delivers results. Learn the origins of Suspension Training, how to progress different bases of support, and a variety of core activation strategies to make Suspension Training the ultimate functional fitness tool. This informative webinar includes over 90 demonstrations of exercises from beginner to advance to help your clients safely and effectively progress!

#### Learning Objectives:

After viewing Suspension Training: Form and Function, you will be able to:

- Discuss origins of suspension training
- Review key components of suspension exercises
- Discuss benefits and risks of suspension training
- Identify vital techniques to perform suspension training safely and effectively
- Perform several suspension exercises, from beginner to advanced, and from stable to dynamic positions

**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:** See our website for details:  
[www.exerciseetc.com](http://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](http://www.exerciseetc.com)

**Sponsors:** N/A