

Live Program Information Sheet:

“2020 Vision: The Future of Fitness”

Course Description: “2020 Vision: The Future of Fitness” is a brand-new, fast-paced 1-day workshop designed to give you practical, useful training tips that you can use with your clients immediately. Based on best-practice training modalities and the most recent research, “2020 Vision: The Future of Fitness” program features 4 brand new, never-before-offered CE programs that are designed to help you train your clients to see impressive results while minimizing the risk of injury or re-injury.

Starting from a solid combination of current research and good old-fashioned exercise science, this evidence-based program will focus on relevant, sustainable programming guidelines that will maximize strength gains while minimizing the risk of injury or re-injury. You’ll learn how to make traditional strength training exercises both safer and more effective and learn recommendations for how to modify traditional exercises that are now regarded as obsolete, unsafe or both. “2020 Vision: The Future of Fitness” is going to open your eyes to a whole new world of training options; whether you work with clients one-on one or in large or small groups. This course is going to change the way you think about program design; you’ll come away from this program with a whole slew of exercise modifications to use in your practice that will increase the benefit of exercise while minimizing the risk: a true win-win scenario!

- **Learning Objectives:**

- **Module 1: Core Workouts: From Outdated to Outstanding**

- After taking this program, the participant will be able to:
 - Explain the factors that affect strength development
 - Describe different methods to assess core endurance
 - Explain the function of the “posterior sling”
 - Explain which muscles work synergistically to produce rotation
 - List the “normal” ROM for the spine and hip
 - Compare and contrast different training methodologies based on clients’ goals and profile

Module 2: Upper Body Conditioning: Innovations in Excellence

After taking this program, the participant will be able to:

- Identify potentially high-risk strength exercises that may result in or aggravate shoulder injury
- List the major muscles of the anterior and posterior shoulder, the rotator cuff, the shoulder girdle, the elbow and their function
- Provide guidelines for proper exercise techniques to prevent shoulder injury and maximize muscular gain
- List risks and benefits of traditional exercises for the upper body muscles
- Compare and contrast representative exercises using free weights, body weights or elastic resistance

Module 3: Lower Body Conditioning: Transformative Training

After taking this program, the participant will be able to:

- Define “gluteal amnesia”
- Explain how hip angle affects the function of the gluteal and piriformis muscles
- Explain the role of ankle mobility on hip and knee function
- Prioritize training goals for clients with hip or knee dysfunction
- Compare and contrast methods to enhance squats, lunges and deadlifts

Module 4: Beyond Cardio: Sweat Equity and Weight Management

After taking this program, the participant will be able to:

- Explain the "Calories in/calories out" approach to weight control
 - List current methods to predict weight loss
 - Explain “metabolic training” and fat metabolism
 - List and explain the functions of the three energy systems
 - Compare and contrast different types of cardio activity that will challenge each of the three energy systems
- **Target Audience:** Fitness Professionals, Strength & Conditioning Specialists, ATs, PTs, PTAs, LMTs.
 - **Schedule and Format:** Live Program
 - **Registration Fees:** Please visit our website for the most up-to-date continuing education awards and pricing details: www.exercisetc.com

- **Cancellation/Refund Policy:** Exercise ETC has a **no refund policy** for all “live” training programs. If you are unable to attend a live training program, we will be happy to issue you an in-house credit for the courses you did not attend. The credit is good for one year and may be used for any program or product you desire. Request for a credit must be made in writing within 10 days of the originally scheduled class.

- **Course Developer 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 director, personal trainer, fitness director and health club 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, especially the older adult population, and has worked in a variety of environments including corporate fitness, hospital-based wellness centers, municipal and community centers and major health clubs. He currently teaches senior fitness for the City of Wilton Manors, FL as well as at the Edgewater Assisted Living Community in Boca Raton, FL.
- **Mike Deibler, MS, CSCS**
- Mike is Exercise ETC's Director of Education. He 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. Mike joined our faculty in 2008.
- **Course Presenter Credentials:** Presenters vary by city. Please see our website for faculty assignments & credentials.
- **Contact Hours/CEUs/CECs:** Please visit our website for the most up-to-date continuing education awards and pricing details.
- **Sponsors:** N/A