



## Suspension Training (face-to-face)

This workshop uses practical demonstrations to provide participants with the skills and knowledge to plan and deliver a variety of suspension exercises for clients.



### Workshop Overview:

- Background and history of suspension training.
- Types of suspension training equipment and how to safely set up, adjust and utilise a suspension device.
- Principles of suspension training including the principles of levers, stability, neuromuscular activation, base of support and their impact on exercise intensity.
- Teaching points, modification options and common technique errors associated with upper and lower body strength exercises, core conditioning and cardiovascular exercises and exercises for flexibility and balance.
- 7-hour face to face practical workshop.

### Pre-requisite:

Participants must have completed the Certificate III in Fitness and be registered as a Gym Instructor to be eligible to attain Fitness Australia CECS from this course.

Upon completion of this course, Fitness Australia Registrants are eligible to receive the Functional Training and Strength and Conditioning delivery knowledge and skill areas recognised on their registration profile.

**For more information contact Australian Fitness Academy on 1300 AFA FIT (232 348).**

To enrol complete details below and email to [info@afa.com.au](mailto:info@afa.com.au) or fax to 03 9532 9044.

Name:

Email:

Address:

Suburb:

State:

Postcode:

Phone: (H):

Phone (M):

Phone (W):

Fitness Australia Registration Number:

Date:

Course Cost: \$250

Visa

Mastercard

Cardholder's Name:

Card Number:

Expiry:

/

CSV:



I, \_\_\_\_\_ (name), have read, clarified and understand each of the following:

- Payment Terms & Conditions - including the Payments, Cancellations, Refund and Deferment Policies.
- Student Handbook - including the course information, online learning requirements, participation and assessment requirements, code of conduct, privacy policy and student support services.

I understand that Australian Fitness Academy must be supplied with my Unique Student Identifier (USI) before I am eligible to receive official outcomes of my studies, including a Statement of Attainment, Statement of Results or a Testamur Certificate.

I understand & agree to the terms, conditions and policies outlined in these documents and on the website.

I verify that the information provided above is true and correct.

Name:

Signature:

For Office Use Only:

Careers Consultant Signature:

Careers Consultant Name:

Date:  /  /