BATTLE ROPE TRAINING

Personal & Professional Development Course

OVERVIEW

Battle Ropes Training will give you the skills to facilitate battle ropes training with your clients as well as a range of more advanced exercises for programming progressions. This course will help you understand the benefits of battle rope training and grant you a multitude of unique battle ropes exercises.

Created in partnership with Jared Thomlinson and Further Your Fitness, with this course you'll learn how to deliver a range of battle rope based exercises with perfect technique.

COURSE OUTLINE

The course is designed to improve your knowledge of battle ropes and broaden your exercise toolbox. The battle ropes training course includes the following 4 subjects:

- Key Safety Elements
- Battle ropes for Strength and Conditioning
- Battle ropes exercise variations
- Battle ropes programming

The course includes a range of video demonstrations, as well as interactive slides, to make your learning experience fun and enjoyable. Plus, as a self-paced course, you can study whenever it suits you!

DETAILS

STUDY MODE: ONLINE

COURSE TIMELINE: 6 MONTHS

PRICE: $139

ASSESSMENT REQUIREMENTS:
- Construct a battle ropes training program.
- (Filming required) Facilitate the program with a client.
- Complete an evaluation of your session with your client.

RECOGNITION

7 CECs

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ACCREDITATION CODE 04646FA

RTO 32107