

Trainings Available by Linda N. Magee, MA (ACSM CEP, NASM CPT, AFAA GEI)

Building a Hard Core – 3 AFAA, .3 NASM

This workshop combines three HOT HARD CORE pieces of equipment to give your class and clients a HOT HARD CORE. Suspension Trainer, Pilates, Bosu. Three of the best to be your best

C IT Do It – 3 AFAA, .3 NASM

This workshop is designed to teach 7 different types of circuit and interval training programs which can be used with either group instructors or personal trainers. Don't let every class be the same – Shake it up!

Outside the Box – 3 AFAA, .3 NASM

We are in the habit of being selective in our group class aerobic portion and plan meticulously for their success. Take that same drive and ambition and choreograph your strength workouts with the same passion and purpose. Leave with exercises you have NEVER done before – GUARANTEED!

Partner Drills -3 AFAA, .3 NASM

Small groups breed camaraderie and companionship. Use different pieces of equipment to bring your group closer together both physically and emotionally. Once a group is bonded, they keep returning and WANTING to come back for more – more of your teaching and more of class unity. For Personal Trainers – you can use the same exercises to work with your clients!

Pilates Basics – 3 AFAA, .3 NASM

A workshop for a personal trainers or group instructors who are looking for 10-15 mat Pilates exercises they can teach to a single client or a small group. Learn some basic Pilates exercises, postural alignment issues to consider and how to modify exercises, props to use if desired, etc. Train your core without crunches!

Pilates TRiX – 3 AFAA, .3 NASM

Utilize the suspension trainer to perform mat Pilates exercises. Join the two worlds together for an unbelievable core workout.

TRiX Tri Planes – 3 AFAA, .3 NASM

The TRX for the beginning and intermediate client focuses on using just the suspension trainer and inspires the instructor to use all three planes of movement for a workout. Master Class included.

TRiX & Small Apparatus – 3 AFAA, .3 NASM

TRX & Small Apparatus incorporates using other pieces of equipment to promote a circuit class if the instructor has limited pieces of TRX, but has more people interested in utilizing it in a small class setting. Perfect for a trainer with limited space and suspension trainers.

Step it Up! – 3 AFAA, .3 NASM

Look at the scientific and biomechanical principles of the step, cueing, and putting together choreography. Come and pick up the pace! Not for the faint of heart!

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BOSU® Complete Workout System Certification (8-hr) 7.5 AFAA; .8 ACE, .8 NASM

The BOSU® Complete Workout System will provide you with the formula to make the BOSU Balance Trainer more effective in your club, your classes and with your clients. This specialty certification will take you through the BOSU system, step by step, and provide you with 5 full workouts that you can start using right away. You will leave this certification with knowledge of the science behind functional balance training, teaching skills to accommodate all levels of fitness, and new tools and ideas for designing endless BOSU workouts that are effective and fun! ***Participants receive a detailed handout and a digital download of the Complete Kit Manual.***

BOSU® Skills & Drills Certification (6 hr) 6 AFAA, .6 ACE, .6 NASM

If you love the BOSU® Balance Trainer and are searching for innovative ways to incorporate it into your clients' programs, this certification is for you! Walk away with a toolbox full of skills and drills perfectly suited for your personal training clientele, and learn to seamlessly integrate balance training into your program design. Whether you choose cardio, strength, core, or dynamic mobility as the place to challenge your clients' functional fitness, BOSU has got you covered! ***Participants will receive a detailed handout and access to a video library***

101 Ways to BOSU® (2 hr) 2 AFAA, .2 ACE, .2 NASM,

How many ways can you BOSU®? We promise 101 exercises on the spot that quickly morph into double the fun with very little effort. Explore new ideas for using the BOSU® Balance Trainer for cardio, strength, core and flexibility drills that are easily scaled down for those new to balance training, or enhanced to challenge your most veteran participants. We will explore building blocks to restructure drills for unlimited BOSU® workouts. Whether you are new to BOSU®, or a groupie begging for more, BOSU® 101 will fill your toolbox with more than enough to get you through the next year! ***Participants will receive the 101 Ways to BOSU® Handout and DVD Download.***

BOSU® Complete Workout System Introduction (2 hr) 2 AFAA; .2 ACE, .2 NASM

The BOSU® Complete Workout System will provide you with the formula to make the BOSU Balance Trainer more effective in your club, your classes and with your clients. This course will take you through the BOSU system, step by step, and provide you with workouts that you can start using right away. You will leave this course with knowledge of the science behind functional balance training, teaching skills to accommodate all levels of fitness, and new tools and ideas for designing endless BOSU workouts that are effective and fun!

Circuit Sensations by BOSU® (2 hr) 2 AFAA; .2 ACE, .2 NASM

Are you ready to learn and teach a workout that is athletic, intense and more fun than a three-ring circus? Using the motivational power of teamwork and competition in combination with the balance challenges presented by the BOSU® Balance Trainer and several new BOSU functional training products, you will discover how to change ordinary circuit workouts into extraordinary workout experiences! With this new, easy-to-follow system, you'll be ready to teach a sensational circuit workout on Monday morning!

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Complete Core by BOSU® (2 hr) 2 AFAA; .2 ACE, 2 NASM

Revitalize your library of core workouts and help your group fitness or personal training clients make the most of the time they spend performing these exercises. Using the BOSU® Balance Trainer and this easy to follow system, you can create comprehensive core workouts, or mini--workouts that will integrate time--efficient and effective ab and back training into existing programs. Complete Core will give you the tolls necessary to deliver unique and challenging programming for all levels of fitness.

BOSU® Lower Body Solution: (2hr) 2 AFAA; .2 ACE, 2 NASM

Change how you think about lower body workouts as you integrate dynamic stability with muscular strength and endurance. Take the guesswork out of your programming by using the BOSU® Balance Trainer and an innovative, easy to follow method to deliver lower body workouts that are exciting, effective and efficient. Learn a complete workout that can be taught as a 30--minute lower body class, and lower body segments that can be incorporated into other class formats. Rejuvenate your group fitness classes and personal training programs with new exercises and fresh technique tips!

Pricing Structure:

Most courses are \$25-\$30/credit hour.

The 8-hour BOSU Certification is \$199.

The 6-hour Skills & Drills Certification is \$159.

Would you like discounted trainings?

If a facility would like to host a facility and pay a flat rate, an amount rate of pay will be determined based upon the number of hours of training, number of participants and transportation fees. Contact Linda in order to discuss the pricing.

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