

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!

Trainings by Linda N. Magee, MA (NASM Master Trainer, AFAA Master Instructor)

BOSU® Next Generation Balance Training

Take the versatility of BOSU® Training to a whole new level! In this NEW four-hour course you will learn the next generation of theory and science behind neuromotor training and apply it to programming that is practical and fun. You will experience updated methods to enhance movement techniques and create exciting workouts with the BOSU Balance Trainer using the newly renovated BOSU Exercise Library and methodology.

BOSU® Mindful Movement and Mobility

In this evolved bodyweight training workshop, explore multi-dimensional methods to effectively create a stronger body and improve mobility and core function. Utilizing the unique features of the BOSU® Balance Trainer and the principles of fascial line training, you will cultivate mindful awareness while learning and integrating movement complexes with breathing techniques that activate the core and enhance the quality of every movement

BOSU® Advanced Programming Strategies

Elevate your BOSU® programming strategies and increase your value as a fitness professional. Experience dozens of new exercises, skills, drills and sequences, and learn how to create effective and exciting workouts with three unique templates that are designed to make BOSU training more successful in your club, classes and training sessions.

Pricing Structure:

BOSU® courses \$149. Early bird and multiples registration discounts available.

All other course are \$74.

All prices are subject to change.

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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