

LEVEL UP

BFT BARBELL BASICS

WHO?

Any trainer that wants to improve their own barbell movements, coach barbell movements more effectively, and progress and regress members in the studio.

WHY?

During talk time, you get the opportunity to showcase the session's movements in 3-5 reps. If your technique breaks down during this time, your members' movements will mimic that of what they have seen. The most effective way to coach and explain movement expectations is to demonstrate proper movement execution. Being a great coach is something that we continually strive to be. A great coach must work hard to earn their stripes and obtain the trust and respect of their members.

DETAILS

- 1 day intensive Barbell training course
- CECs
- 10 CPDs
- 0.8 CECs



WHAT DO WE COVER?

This course is going to focus on Barbell Movements & Coaching:

- Trainers will develop a deep understanding of the specific movement patterns of the barbell exercises in this course.
- Trainers will learn regressions and progressions for each exercise and be clear on what they are instructing to ensure consistency.
- Trainers will learn to correct techniques and/or provide neutral cues for a member.
- Trainers will learn how to modify exercises for members who are unable to perform them.
- Trainers will learn to always ensure the safety of members.

WHAT MOVEMENTS WILL WE COVER?

- ▶ Conventional Barbell Deadlift
- ▶ Bench Press
- ▶ Back Squat
- ▶ Strict Press

WILL I GET TESTED?

The student must complete 5 successful reps of the following lifts, showing the techniques learnt and with the weight as specified below:

CONVENTIONAL DEADLIFT 0.75 x Body Weight (rounded to the nearest 2.5kg)

BENCH PRESS 0.375 x Body Weight (rounded to the nearest 2.5kg)

BACK SQUAT 0.65 x Body Weight (rounded to the nearest 2.5kg)

STRICT PRESS 0.325 x Body Weight (rounded to the nearest 2.5kg)

COST?

\$250 (inc GST)



WANT MORE INFO?

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