

PROGRAM OBJECTIVES

EACH ATTENDEE WILL GAIN THOROUGH KNOWLEDGE OF:

- How and why Myofascial Slings and Lines play such a large role in Functional Anatomy
- How to systematically perform Static and Dynamic Postural Assessments
- Using assessment results to create an exercise program that meets your client's needs
- How to use technology to be more efficient with your time while producing a higher quality product
- How to use Nomenclature to manipulate exercise Acute Variables to add thousands of exercises to your exercise library
- A step-by-step plan for starting and running a successful Personal Training Business

Attendees should plan on arriving on Friday morning. When possible request an "early check in" at your hotel so that you can get checked in prior to the start of the Mentorship.

Note: Attendees are strongly encouraged to bring a laptop to follow along in class and complete their homework assignments each night.

PROGRAM PERKS

EACH ATTENDEE WILL RECEIVE:

- Minimum of \$600 in sponsor equipment, products, gift certificates, education, clothing and swag
- Course materials and online video access to over 36 hours of content:
 - Practical Skills Courses (\$299 Value)
 - Exam Prep (\$299 Value)
- Business forms and program design tools in electronic and editable format (\$1,000 value)
- Post-mentorship 30-minute phone consultation with Bill Sonnemaker, MS
- Catalyst Fitness shirt
- Coffee, beverages and healthy snacks

FRIDAY

- 1:00 PM Meet and greet at Host Facility
- 1:15 PM – 2:00 PM Receive gifts from sponsors and review of Mentorship materials
- 2:00 PM – 3:00 PM Learning to Move
- 3:00 PM – 4:00 PM A Practical Approach to Functional Anatomy Using Myofascial Slings and Lines
- 4:00 PM – 5:15 PM Understanding Postural Dysfunction Patterns Through Static and Dynamic Postural Assessments
- 5:15 PM – 6:00 PM Myofascial Release for the Lower Extremities

SATURDAY

- 9:00 AM – 10:00 AM Using 3 Dimensional Nomenclature to Manipulate Acute Variables
- 10:00 AM – 11:15 AM An Integrated Approach to Movement Prep (aka Dynamic Flexibility and Mobilizers)
- 11:15 AM – 12:30 PM An Integrated Approach to Program Design: From Corrective Exercise to Performance Enhancement and Everything in Between
- 12:30PM – 1:30PM Lunch
- 1:30 PM – 4:00 PM How to Start and Run a Successful Personal Training Business: Part 1
- 4:00 PM – 5:00 PM Myofascial Release for the Lumbo-Pelvic-Hip-Complex
- 5:00 PM – 6:00 PM Group Workout –Loaded Movement Training
- 6:00 PM Dinner as a Group (Optional)

SUNDAY

- 9:00 AM – 11:00 AM Starting Off on the Right Foot: Capturing Clients, Intake, Assessments, and Everything in Between
- 11:00 AM – 12:00 PM How to Start and Run a Successful Personal Training Business: Part 2
- 12:00 PM – 1:00 PM Lunch
- 1:00 PM – 3:00 PM Client Report and Program Design (Interactive-Attendees will use their computers here)
- 3:00 PM – 4:00 PM Myofascial Release for the Upper Extremities
- 4:00 PM – 5:00 PM Group Workout-Joint Friendly Metabolic Training
- 5:00 PM –6:00 PM Roundtable: Q and A Session. Closing Comments and Prizes

