



CERT 1 DAY WORKSHOP

8:00-8:15	Introduction <ul style="list-style-type: none">• Who we are<ul style="list-style-type: none">○ Collaboration of worlds best○ Unification○ Certification and advanced education• Free 2 Concept<ul style="list-style-type: none">○ Free 2 Play○ Giving back• The days agenda and purpose<ul style="list-style-type: none">○ Hands on application of on line learning	Bobby
8:15-9:15	Nomenclature <ul style="list-style-type: none">• Foot Positions• Triangulation• Applying and manipulating: 3D Check Points• Upper Body, Lower Body & Total Body	Rodney
9:15-9:30	Activity: Free 2 Speak	
9:30-9:45	CHILL BREAK	
9:45-10:30	Functional Anatomy <ul style="list-style-type: none">• Superficial Front• Superficial Back• Lateral• Show motion in 3D and use bands to explain lines• Tweaks; changing stress to lines<ul style="list-style-type: none">○ 1 movement per line + regression and regression• “Magic” – feeling the power of the lines (driving big toe = shoulder stability, supination of left foot = decreased right trunk rotation, etc)	Michol
10:30-11:30	Program Design <ul style="list-style-type: none">• Questionnaire<ul style="list-style-type: none">○ Purpose, motivational interviewing and scoring○ Using 1 page template○ All leads to...the right program• Program Design Model<ul style="list-style-type: none">○ Purpose and navigation○ Characteristics of: LBM, Wellness, Sport Con, Weight Loss○ Characteristics of: SM, Force, Power• Template Manipulation<ul style="list-style-type: none">○ Freedom to manipulate	Bobby Rodney Rodney
11:30-11:45	Activity: Free 2 Create	



11:45-12:45

MAC-DADDY LUNCH

12:45-1:45

Exercise Science

Scott

- Biomechanics
 - Its all force (ESD vs. Strength)
 - Vectors & Moment Arms
 - Fact vs. fiction
 - Progression and Regression
- Energy System Development (ESD)
 - Everything is ESD
 - Acute Variable manipulation
 - Power of Intervals and R&R

1:45-2:00

Activity: Free 2 Think

2:00-2:15

Meeting the Client where they need to be met

Bobby

- What drives behavior (Jarvis Model)

2:15-2:30

CHILL BREAK

2:30-3:45

Human Behavior & Communication

Bobby

- Motivational Theory
- Interviewing Skills
- Personality Traits

3:45-4:00

Activity: Free 2 Empower



FREE 2 ACTIVITIES SHEET

FREE 2 SPEAK:

Looking at your exercise card, please 'Nomenclature' the exercise

FREE 2 CREATE:

Case Study – based on the client info, please state the client's Goal, Style Level of Training. What are 4 main characteristics of this goal and style of training?

GOAL: _____

STYLE: _____

LEVEL: _____

FREE 2 THINK:

Looking at your exercise card, now alter the exercise to change the energy demand AND force profile

Energy: _____

Force: _____

FREE 2 EMPOWER:

Matrix game... 😊