

Personal Training Certification for Bodyworkers

Bring dynamic movement, corrective/strength technique, and fitness to your practice and integrate it seamlessly into your treatments.

Who benefits from this program – Massage Therapists, Bodyworkers, and other wellness professionals looking to add this exciting and dynamic layer to their practice.

Who this program would NOT be advised for? – those who do not have a massage, bodywork, or hands on practice and want to be stand alone personal training in gyms, etc. There are other personal training programs available more suited to that.

What you will learn in the program

Foundations of fitness

Assessment and progress metrics for client

Warm Up routines

Mobility/Flexibility drills

Functional Strength protocols

Upon Completion you will be able to:

Integrate the strength, fitness, and movement techniques right into your treatment protocols on the table

Train clients in off the table corrective postural/strength protocols

Perform/Design pre treatment warm up(cardio) programs

Be able to perform the 20/20/20 min warm up(cardio), corrective exercises, hands on treatment procedure.

- All the fitness and strength protocols are designed to enhance, support and integrate into your current treatment modalities and design. The warm up cardio portion is low intensity, the strength portion is low impact, safe and specific. Since the program is designed to enhance the hands on treatment, we stay well within fitness, heart rate, intensity, and strength boundaries. The program can absolutely be used for clients who have no outside fitness program, or the program will support an existing fitness program by correcting imbalances, increasing, mobility, flexibility and postural efficiency allowing the client to go further in their fitness routines and performance goals.

Supplemental trainings helpful for this program – good background or training in assisted stretching, cupping and gua sha. If you have this training, great, if not, you may find taking it later will enhance your personal training for bodyworkers certification skills.