

Suspended Functional Training

悬吊式功能性训练

Perfect Functional Tool for Your Clients to Accomplish Any Goal
帮助客户达成任何目标的完美工具

Course Overview 课程介绍

Suspended Functional Training introduces fitness professionals to the application of suspended training tools in their training. Suspended training tools are extremely versatile – they can be used almost anywhere to accomplish any goal, be it fat loss, power and even strength. The tools' unique ability to utilise a person's bodyweight as a source of varying external resistance offers a fun and unique challenge that's appropriate for all fitness levels. As a result, you'll be empowered to help your clients develop strength, balance, flexibility and core stability simultaneously.

悬吊式训练工具用途广泛，几乎可在任何地方训练。它适合不同能力的客户，它帮助你达到任何训练目标，像是减脂、爆发力甚至是肌肉力量。它的独特之处在于能够让个体利用自身体重改变外界阻力，挑战有趣并独特的动作。在这堂课程中，你将掌握如何指导客户做悬吊式功能训练，并掌握帮助客户同时开发肌肉力量，平衡，柔韧性与核心稳定性的能力。

Course Highlights 课程亮点

- Walk away with more than 30 exercise choices for warm-up, core, muscle group, power and flexibility training
学习超过 30 个悬吊动作，包括热身，核心，肌群训练，爆发力训练，以及柔韧性训练
- Learn how to coach, progress and regress these exercises
学习如何指导和对动作的进退阶
- Sample suspension training program
悬吊式训练范例

Why Should You Consider This Course? 您为什么需要参与这项课程

- Give your clients a fun and unique workout using the suspended functional training tool which can be used anywhere
利用悬吊式训练工具的便利性，为你的客户带来有趣并独特的训练体验。
- Work with a diverse group of clients with different goals
能够同时训练能力与目标不同的客户。

What Are the Topics Covered? 课程包含了哪些主题？

- Setting and usage of the suspension equipment and how to successfully adjust the resistance and stability of exercises
学习使用悬吊工具，有效调整阻力与稳定性
- Understand the benefits of suspension training
了解悬吊式训练的好处

- Safe and effective exercise techniques, progressions, and regressions of exercises for all fitness levels
针对不同能力的客户，选择安全有效的动作技巧和动作的进退阶
- Cue and correct common technique faults
针对常见错误技巧进行提示与纠正
- Structure the exercises into an appropriate class format
把各个动作恰当的加入课表中

Who Will This Benefit? 这项课程适合谁?

- Fitness Professionals
体适能训练专家
- Health Professionals
医护人员
- Strength and Conditioning Professionals
肌力与体能训练专家
- Sports Coaches
体育教练
- Fitness Enthusiasts*
健身爱好者

*Note: to gain full benefits of the course, fitness enthusiasts should already have pre-existing knowledge and skills in resistance training and flexibility exercises. E.g. Names of exercises, muscles involved, techniques and how to put a workout session together (irregardless right or wrong).

*注意：为了确保学员充分理解课程内容，学员需掌握一定程度的阻力训练经验、柔韧性训练的知识和技能。例如，动作的名称，动作牵涉到的肌肉，技巧以及如何安排训练课程（无论对与错）。

Pre-requisite 参课条件

This course is designed for fitness professionals with existing knowledge on functional movement coaching who wish to learn how to use a suspension trainer. Basic fitness instructing/personal training certification is recommended.

专为已有功能性训练知识，并想学习悬吊式训练的教练设计。建议事先获取基本体能指导/私人教练证书。

Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

CEC Points 继续教育学分

ACE 0.7 CECs

Course Duration 课程时长

7 hours (1 day)

7 小时 (1 天)

Course Time 课程时间

9am – 5pm

Learning Materials 学习材料

Digital course slide handouts

电子课本课程幻灯片讲义

Awards 证书

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion

全程参与并完成工作坊/课程后，方能获取结业证书

Grading Criteria 通过标准

Completion of course participation and assignment(s)

全程参与课程和完成作业

Recertification 重新认证

N/A

Exam Fee 考试费用

N/A

Dress Code 服装


Fitness attire

运动服装

What Do I Need To Bring? 我需要带什么?

Stationery and a spare change of clothes

Fitness Edutraining Asia (FEA)



文具和一套替换服装

Course Capacity 课程人数

A minimum of 6 pax and a maximum of 9 pax
至少 6 人，最多 9 人

Language 语言

English, Mandarin
英文，中文

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以上信息若有更动，恕不另行通知。