



AirFit System Training Course

Designed by a fitness pro for fitness pros! Your clients will appreciate you attended this course!

We guaranteed the AirFit Pro training course will make you a better fitness professional by incorporating a tool with a method that incorporate biomechanic-friendly movements that develops (1) sustainable, (2) purpose-based physical work capacity.

The AirFit Pro versatility, portability and easy setup will help you improve exercise selection, time efficiency and an amazing workout experience for your clients. PurMotion designed the AirFit Pro as an open training system (user-defined attachments) with three distinctive applications so fitness professionals can work with clients with any fitness level:

Body-weight training – learn natural movements patterns such as pushing , pulling, core and lower body exercise variations. You will be proficient in setting-up the AirFit Pro. Identify and assigned proper progressions/regressions for clients of any level as you transition from bilateral to unilateral movements. You will also learn how to adjust the anchor point at different heights to change the line resistance.

Resistance training – Attach the AirFit Pro to a cable machine, adjust desired height, select the weight and you are on your way to experience ground based resistance training with the AirFit Pro. Learn the relationship of lower extremity forward/backward traction and how it relates to core strength, pushing and pulling.

Sled/tire training – learn how to prescribe exercises that develops amazing lower extremity strength while easy on the joints by dragging heavy sleds or tires. In addition, you can literally do a complete total body workout with the AirFit Pro using a sled.

Course Education Overview

- 8 hours of theory and practice
- Course Manual
- Exercise Poster
- Product Discounts
- CEUs
- No Prerequisite required

Programming

Learn how to designed workouts using the AirFit Pro and in combination with other tools by following the PurMotion Method. Participants will learn the practical approach to constructing workouts by selecting the right movement s, in the right sequence by using simple constraints as auto feedback to ensure compliance with the PurMethod.

CEUs

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