



PurMotion Fundamental Course

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“2-Day PurMotion Workshop”

(16-hours)

Summary: PurMotion is an all-inclusive approach to athletic performance by redefining how we move, the tools we use and a program design that yields a sustainable fitness model that ensures physical readiness for either predictable or unpredictable physical events.

Attendees will learn the PurMethod and how to safely increase purpose-base physical work capacity by using the concepts of (1) ground-based movements, (2) all planes of motions, upper/lower extremity force vector and bilateral/unilateral loads.

Fitness is not a sport...Fitness will prepare you for sport! Attendees will learn that sports-specific movements or tools like the barbell were not designed to define or enhance fitness. Instead you will learn biomechanically correct movements that you or your clients can safely load without adding unwanted joint stress.

Finally, you will learn a practical approach to program design following the PurMethod without the need of excessive warmups, stretching and corrective exercises! The PurMethod leaves no stone unturned!

Objectives: PurMotion Training Methodology – the “DNA”

- What is the purpose of the human body?
- What is the purpose of fitness
- Know the Six Principles
- Be fit for predictable and unpredictable events
- Fitness
- Assessing Program Balance and Completeness
- Application to “real life” programming solutions
- Group participation, demo and practice

Movement and Training System Categories:

1. Body Weight Training Systems: Perform seamless bilateral to unilateral movement patterns using a rotational option device that has

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been characterized as “body weight training on steroids!” Learn new ways to anchor bodyweight-training exercises with a rotational component that is crucial to athletic performance. You will never look at bodyweight training, rings or other "body weight" training systems in the same way.

2. Free Weight Training Systems: Learn how we turn the Olympic Bar into a Lever Arm for heavy loading options, progression/regression, decreased risk of injury, ground based movement and improved performance, not to mention fun and athlete buy-in is why Olympic bar and ground rotational training is one of our favorite training approaches, as well as our warriors. Learn how ALL free-weight systems fit into our performance model as a stand-alone or hybrid workout.

LUNCH/STUDY Break

Movement and Training System Categories:

3. Core Bars, Handles/Grips, Lines-of-Resistance and Anchors Training Systems: Discover the ability of your body to develop ground base rotational strength...as it should be! Unlimited training and movement options that will make sit ups, crunches, and leg raises a thing of the past! Whole body, integrated and functional training at its best.

4. Ropes, Pulleys and Harness Training Systems: Learn how to intelligently and creatively use combinations of ropes, slings, harnesses, sleds and pulley arrangements to optimize serious multi-vector training.

5. Speed, harnesses, hurdles and ladders – Learn speed, agility and quickness from an Olympic gold medalist sprinter! This is the real deal! Locomotive skills are foundational movements that should be an integral component of an all-inclusive fitness program. Speed is not only reserve for young athletes but your adult clientele will feel like world class sprinters once they go through these drills.

Program Design

- Learn how we use the PurMotion Methodology to build workouts in compliance with natural biomechanics using the systems learned from the hands on sessions

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Practical Group “teach-back” and Program Planning

- 30-minutes preparation
- Practical: Plan; Teach; Do it!
- 60-minutes teaching/evaluation
- Choose the “winning” effort = Master Workout 4

Part II: Reps, Sets and Loads: A NEW look at sport performance and strength training load protocols

Wrap-Up

- Certificate of Completion
- Level I PurMotion Trainer
- Successful completion of the practical assessment
 - movement skill/teaching competency

“Train the Way You Move”



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