



Master Trainer Level I Course Schedule

## The Fundamentals of Functional Movement

*Jorge Bonnet, CSCS*

### "Train the Way You Move"

**(16-hours)**

Program Overview, Goals and History  
Resource Support

PurMotion Training Methodology – the "DNA"

- Six Principles
- What will you achieve?
- Neutral Grip the solution to eliminate injury potential

under heavy load

- 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 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.

**60-minutes**

**LUNCH/STUDY Break**

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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.

Program Design

- Learn how we use the PurMotion Methodology to build workouts in compliance with Nature's Law of Human Movement using the systems learned from the hands on sessions

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

Written Exam and Wrap-Up

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

**Notes:**

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