



Renegade System Course 1 – *Bilateral Loading*

Learn how to turn the bar into a lever arm and unleashed your clients' natural strength regardless of age or fitness level. We use a pragmatic approach of biomechanics and force lines to teach you how the body was designed to properly lift **heavy** without ever adding unwanted joint stress. The Renegade System is a sustainable strength training system that will help your clients increase work capacity thanks to its **ergonomic tools** that helps maintain proper joint alignment throughout the entire range of motion.

The Renegade versatility and easy setup will help you prescribe movement patterns that offers a higher carry over **to increase work capacity** for real life activities such as athletics, tactical situations or any other purpose-based physical activity.

This course will give you a better perspective how PurMotion incorporate diagonal force vectors with bilateral load variations using purpose-based multi-joint movements.

Course Education Overview

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

www.real-motion.eu - info@real-motion.eu

powered by



real motion
THE FUNCTIONAL COMPANY



This course is divided in three parts:

I. **PurMethod overview** – attendees will learn how PurMotion:

1. Defines fitness, movement selection,
2. Explains the “why” behind our product design
3. Explains the rationale behind program design

II. **Bilateral Loading with:**

1. **Wishbone attachment** – this is how the body love to squat! No need to place a barbell in front of behind near your client’s cervical spine. Learn squatting variations using vector forces that not only creates triple flexion/extension but also generates traction while eliminating unnecessary joint stress at the wrist, elbows, shoulders, lower back and knees. Your clients will be amazed how low they can squat on their first try!!! Your clients will thank you when you teach them a sustainable solution to lower extremity strength!
2. **Clean & Jerk attachment** – the C&J attachment is the perfect tool to develop lower extremity triple flexion/extension without learning the skills of sports such as powerlifting or Olympic lifting. From deadlift, to squat jumps, to rows, to press, to split snatch, to split clean and jerk and more while keeping your shoulders and arms in the most powerful position to lift heavy loads and create natural moment arms at the hip, knees and ankles. Learn the science and application that will make you a better fitness professional without the need of learning the sport of weight lifting.

III. **Programming**

Learn how to designed workouts using the Renegade System and 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 and using simple constraints as auto-feedback to ensure compliance with the PurMethod.

CECs

www.real-motion.eu - info@real-motion.eu

powered by



real motion
THE FUNCTIONAL COMPANY