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## Functional Exercise Trainer Certification

**Provider:** Native American Fitness Council

### Course Description

Participants learn a system of functional exercise training to help all their clients "Elder through Athlete" move better! Movements are taught using sand bags, medicine balls, battle ropes, cables, kettle bells, suspension straps, MMA equipment & more. Functional progression is emphasized throughout this dynamic training course which includes lots of fun "hands on" sessions!

**Continuing Education Credits:** 13.5 hours

**Eligibility to Participate:** 18 years of age or older, CPR/AED recommended (not required)

**Certification Renewal:** The Functional Exercise Trainer Certification is a specialty certification of the Native American Fitness Council & does not need renewal. Continuing education is encouraged.

### Agenda

#### Day 1

- 8:00 - 8:15 Registration
- 8:15 - 9:15 Introduction to Functional Movement
- 9:15 - 10:00 Establishing a Systematic Approach to Functional Exercise
- 10:00 - 10:15 Break
- 10:15 - 12:00 Kettle Bell Training
- 12:00 - 1:00 Lunch
- 1:00 - 2:45 Functional Resistance Training (Cables)
- 2:45 - 3:00 Break
- 3:00 - 4:15 Functional Core Training (Floor Work & Med Balls)
- 4:15 - 4:30 Questions & Answers

#### Day 2

- 8:00 - 8:30 Introductions & Ice Breakers
- 8:30 - 10:00 Rope Training
- 10:00 - 10:15 Break
- 10:15 - 12:00 Functional Power Training (Sandbags)
- 12:00 - 1:00 Lunch
- 1:00 - 2:15 TRX Suspension Training
- 2:15 - 3:30 Functional Resistance Training (Dumbbells & Bodyweight)
- 3:30 - 3:45 Break
- 3:45 - 4:15 Programming Functional Exercise Workouts
- 4:15 - 4:30 Awarding of Certificates