



FITNESS COURSES

2010

The Complete Guide to Bodyweight Training

Get fantastic results using the body as a barbell.

No gym, no studio, no equipment, NO PROBLEM. The Complete Guide to Bodyweight Training course shows you a vast array of exercises that do not need any equipment but will still get you or your clients in fantastic condition in very quick time. This workshop is a must for Personal Trainers working in an outdoor environment, working from a Personal Training Studio with minimal equipment, or those training clients in busy gyms where there is limited access to equipment during "peak times".

It is the skill of the fitness instructor to ensure that the right exercise program variables are being provided to the right client at the right time to ensure maximum results with minimum likelihood of boredom or injury. Rest assured that when applied correctly bodyweight training can be used to achieve most client goals in a stimulating way with minimal equipment and in a variety of exercise settings. The reality is that your imagination is the only limit on the many variations you can use when incorporating bodyweight exercises into your programs.

If you are still not convinced as to the versatility and effectiveness of bodyweight training then this workshop is for you.

You can expect to learn...

- To provide a better understanding of the purpose and benefits of bodyweight exercises.
- To provide practical bodyweight exercises for the whole body.
- To provide different levels of an exercise for clients of differing ability.



- To identify major teaching points of each bodyweight exercise.
- The skills to progress or regress bodyweight exercises for clients of all abilities.
- How to deliver appropriate resistance training activities in the great outdoors without the need for equipment.
- Practical exercises and training tools that you can start using immediately to enhance the training experience you offer.
- 1 PDP/3 CEC points.

Be coached by one of Australia's best

Access information from one of Australia's leading experts in the area of exercise programming.

What people are saying about Career Fitness?

"My experience with Career Fitness has been exceptionally Positive... I have been able to provide quality Exercise Programs to our members, as well as, a greater level of customer service." **Rosa Bunn**

"The course was awesome and has been completely life changing for me! I'm looking forward to a new and exciting career"
Joelle Brown

The Complete Guide to Bodyweight Training Presenter – Aaron Whear



Known as the trainers, trainer Aaron has a natural instinct for success. In business, sport and family life Aaron plays with a Game Plan.

The result is he is a leading business owner, sporting warrior and supportive husband and father. Having worked with hundreds of health professionals Aaron's Game Plan is tailor made for our industry.

Aaron began his career in the fitness industry as a gym instructor in 1992. He quickly moved his way up the ranks firstly as a personal trainer and then as a gym manager. It was during his role as a gym manager that Aaron realised there was a gap between what gyms required from employees and what training providers were delivering to students. This led to his move into Fitness Leader education and a strong desire to help bridge the gap between education and what is required in the "real world" as a fitness instructor.

Aaron now runs Career Fitness, a consulting company based in Melbourne. Career Fitness partners with the Centre for Adult Education (CAE) to deliver the Certificate III and IV in Fitness as well as a wide range of CEC/PDP point courses. Career Fitness also offers a mentoring and coaching service that shows health and wellbeing business owners how to improve business efficiencies and profitability based on his philosophy of the "game plan".

The Complete Guide to Bodyweight Training Course Details:

Date: Saturday August 14, 2010

Venue: Richmond Recreation Centre
Gleadell Street
Richmond

Course Code: DJQ59102

Time: 1.30pm – 4.30pm

Price: \$105

Enrolment Process

Option 1 - Enrol by phone

Telephone enrolments can only be accepted if you have one of the following credit cards:

- Mastercard • Visa

Phone: **9652 0611**

8.30am to 6pm Monday to Thursday

8.30am to 5pm Friday

Please have your credit card number, card holder's name and expiry date ready. It will also assist us if you have your student number ready - if you have participated in a previous course, you will find your student number on your class receipt.

Option 2 - Enrol by mail

Send your completed enrolment form together with your payment (cheque, money order or credit card details) to:

CAE Enrolments
21 Degraeves Street
Melbourne Victoria 3000

Please note: Your payment will be returned if the class is fully booked.

To download enrolment form go to:
www.cae.edu.au/?cinfo=enrolments

Option 3 - Enrol by fax

Fax enrolments can only be accepted if you have one of the following credit cards:

- Mastercard
- Visa

Fax your completed enrolment form to: **9654 7840**
Please mark your fax
Attn: Enrolments.

Conditions: This program is non-refundable

Career Fitness

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