

24-4-2010

10am-11am Session One:

Arthur Konstad presents a demonstration of Kettlebells

Kettlebells are an ancient exercise tool that have been adapted for modern day living. Whether you want to lose weight, tone up, improve your fitness or get stronger; kettlebell training can help you achieve your overall fitness goals. This unique form of exercise is fun, fast and scientifically proven. With a kettlebell and training program for men and women of all ages and fitness levels, get the unfair advantage today!

11:10am-12:10pm Session Two:

Luciano Agostino presents "ab-boxing"

The aim of this workshop is to increase the skill and awareness of Personal Training in the areas of boxing and Ab work. The idea is to engage your core in the course of the whole workshop and literally 'box with your abs'. This is achieved with emphasis on specific techniques and drills to bring in more of the core into the work out. This achieves a more intense and time-efficient training session in both boxing and Ab work but simultaneously rather than separate.

12:15pm-12:45pm Break for lunch.

12:50pm-1:50pm Session Three:

Sarah Kibble presents a course on how 'sports massage' can be incorporated into personal training

Learn how a sports massage can be incorporated into a Personal Training session with Sarah Kibble, qualified Remedial/Sports Massage Therapist and Exercise Therapist. You will get an overview of the various massage types commonly used by Massage Therapists and how you as a Personal Trainer can assist your clients within your professional limitations. Other topics included are hygiene, insurance/registrations and when not to use massage to avoid further injury. You will gain basic knowledge in conducting a seated massage and also get the benefits of receiving one!

Date: Saturday 24th April 2010
Time: 10am sharp - 2pm
Place: Sport SA, Military Road, West Beach
(Across the road from the West Beach Caravan Park)
Cost: \$70 for Registered Fitness Professional with Recreation SA \$100 for non registered
1 PDP for attendance and participation in all sessions.

To attend the Master Class you must register with Recreation SA and pay before 4pm Friday 16th April 2010. Please call 8351 2644 or email admin@recreationsa.org. Cheque, money order and credit card payments will be accepted. Please make payable to Recreation SA. Once payment has been processed there will be no refunds or credit notes issued.

Name: _____ SA Registration No. _____ Cost: _____

Postal Address: _____

Phone No: _____ Payment (Please circle): Cheque/Money Order/ Creditcard

Visa/Mastercard/Bankcard (Please circle) No: _____/_____/_____/_____

Exp: ___/___ Name on card: _____

I agree on the above conditions. Signature of Participant: _____