

Australian Graduate School of Health & Sport Science 2006 Education Program



BodyBladeBodyBladeBodyBlade Lets get straight to the core!

Bodyblade for Exercise Trainers

Every so often a new product comes along which revolutionises the way we exercise, the Bodyblade is one of those products. A superb tool for rehabilitation or performance training the Bodyblade can be used in variety of different environments including muscle strengthening, aerobic and/or flexibility training for physical rehabilitation, sports performance, personal training and weight loss. Best of all, the Bodyblade trains your core muscles more effectively than any other functional exercise tool!

This workshop will provide you with all the skills you need to use the BodyBlade. You will be trained on the science behind the Bodyblade and given guidance on how to use it for performance training or rehabilitation with your clients. You will learn a range of Bodyblade movement drills incorporating all planes of motion and explore how you can incorporate using other equipment when working with a BodyBlade (Swiss Ball, DuraDisc etc).

Who Should do this workshop? Personal Trainers, Group Exercise Instructors, Pilates & Yoga Instructors, Massage Therapists, anyone who is a serious professional in Health & Fitness.



"The Bodyblade is amazing, and I was blown away by how versatile it is."

S.Greaves, Fitness First PT.

"We're adding the Bodyblade to our Group Exercise classes, its perfect for our seniors!"

Chris Boon, Alegria Health Club, Perth

"The most complete, total body workout I have ever experienced"



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