

Webinar Quiz

December 2020

Body Weight Training: A Programming Model Using Body Weight Exercises

<https://attendee.gotowebinar.com/recording/6158090160975609872>

The ongoing COVID-19 pandemic is forcing the entire fitness industry to evaluate our practices and innovate simply to stay in business! Whether you're in business for yourself or a CPT at a fitness facility, it's imperative that you find ways to keep earning revenue until we can get back to normal.

A recent shift in the Personal Training business model has moved away from in-facility training and he moved towards distance-training via Zoom, Skype, or even FaceTime or Google Duo. The benefit of such practices is clear as well as the huge benefits of variation to challenge clients mentally and physically in a good way. Also, people training at home alone or with household members are not at risk of contracting COVID-19. The challenge for trainers, however, is providing meaningful programming that will help their clients maintain fitness or lose their "quarantine 15".

One of the best programming options available has been with us for a very long time and has shown to be a reliable and effective mode: bodyweight training! In this webinar, we'll look at some of the core principles of bodyweight training, programming challenges, and opportunities that exist for personal trainers who are looking to expand their distance-training options.

Presenter: Dave Johnson – W.I.T.S. Director of Curriculum

CEC Quiz:

<https://www.surveymonkey.com/r/8DYHKN7>