



LIFE FITNESS ACADEMY

EDUCATION AND TRAINING
PROSPECTUS



LIFE FITNESS
ACADEMY



LIFE FITNESS
FAMILY OF BRANDS

ABOUT LIFE FITNESS ACADEMY

Life Fitness Academy (LFA) is the global education arm of the Life Fitness Family of Brands focused on training and programming for facilities looking for assistance in up skilling their training staff, fitness professionals and exercisers worldwide.

Life Fitness Academy brings a high level of expertise on a variety of fitness subjects and delivers hands-on learning experiences, programming, fitness articles, webinars, instructional videos and valuable contributions to product designs and improvements.

GLOBALLY RECOGNIZED COURSES

Our courses are accredited by a mix of globally recognized authorities including the American Council on Exercise (ACE), the National Academy of Sports Medicine (NASM), the National Strength and Conditioning Association (NSCA), REPS and CIMSPA.





COURSE CATEGORY

LFX Programming Solutions

COURSE DESCRIPTION

Total Training Experience combines equipment packages, LFA Programming & Education and digital support to help facilities create compelling small group training experiences. This course is designed to equip LFX instructors with the skills and confidence to lead engaging LFX SGT classes including an understanding of basic SGT programming principles, foundational knowledge of technique for SGT exercises, and SGT coaching fundamentals. Attendees will also learn the structure and specific exercises that make up an LFX SGT training session as well as how to progress and regress these movements to meet the needs of their members. Participants will then apply this learning by teaching an LFX SGT training session to finish the education day.

AIM

To teach participants how to conduct an LFX SGT class on the specific equipment package in their facility and educate them on basic SGT principles.

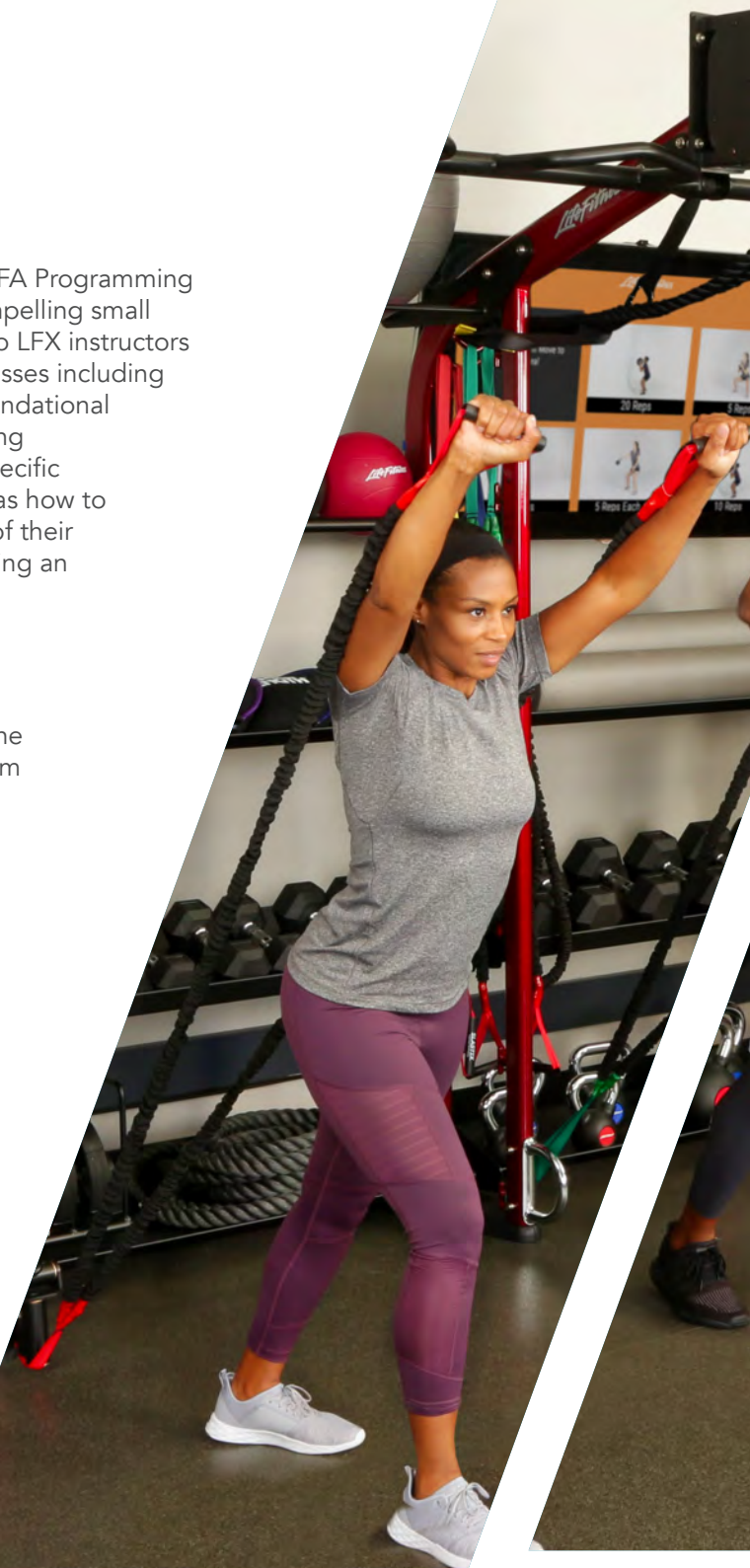
LEARNING OUTCOMES

By the end of the course, participants will be able to:

- Identify the structure of an LFX SGT class.
- List the exercises and stations that make up an LFX SGT training session.
- Demonstrate competence in coaching an LFX SGT class.
- Describe effective warm-up and cooldown techniques for LFX SGT training sessions.

COURSE DURATION

8 Hours





COURSE DESCRIPTION

The Life Fitness Family of Brands (Life Fitness, Cybex, Hammer Strength, SCIFIT and ICG) encompasses a vast range of fitness equipment designed and utilized for multiple exercise modalities. These products are also designed to accommodate a wide variety of exercisers. However, each line has its own unique features and capabilities. This course is designed to do more than educate staff about the features and benefits of the equipment. It will provide insight into equipment design, biomechanics, and equipment functionality, helping trainers to maximize training options by more fully understanding the equipment. If you want to use your equipment to its fullest potential, then this course is for you.

AIM

To equip the participant with an understanding of the range of Life Fitness Family of Brands products within their facility.

LEARNING OUTCOMES

By the end of the course, participants will be able to:

- List the benefits of the Life Fitness Family of Brands equipment for a wide range of client groups.
- Identify safe and effective exercise techniques on said equipment.
- Identify the range of features, benefits and workouts within said equipment.
- Identify progressions and regressions for the said range of equipment within the facility.

COURSE DURATION

8 Hours





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COURSE DURATION

4 Hours





COURSE DESCRIPTION

This guided discovery course format uses video analysis and group discussions to deconstruct movement patterns in life and sport and recognize the how specific positioning strategies can improve movement efficiency, stability and reduce the risk of injury. Attendees will use this knowledge to connect specific movement patterns with exercises in an interactive format to determine the most appropriate equipment and progression for enhancing movement related skills. Explore energy systems to gain a better understanding of work to rest ratios, fatigue and strategic interval training methods to maximize fitness and performance training program design. Attendees will review cardiovascular equipment and programming concepts to take advantage of small spaces, maximize time, increase revenue and implement a sustainable, results driven approach to small group and personal training.

AIM

To teach participants simple and effective methods to analyze and improve movement patterns as well as create exciting workout programs to improve client work capacity and fitness.

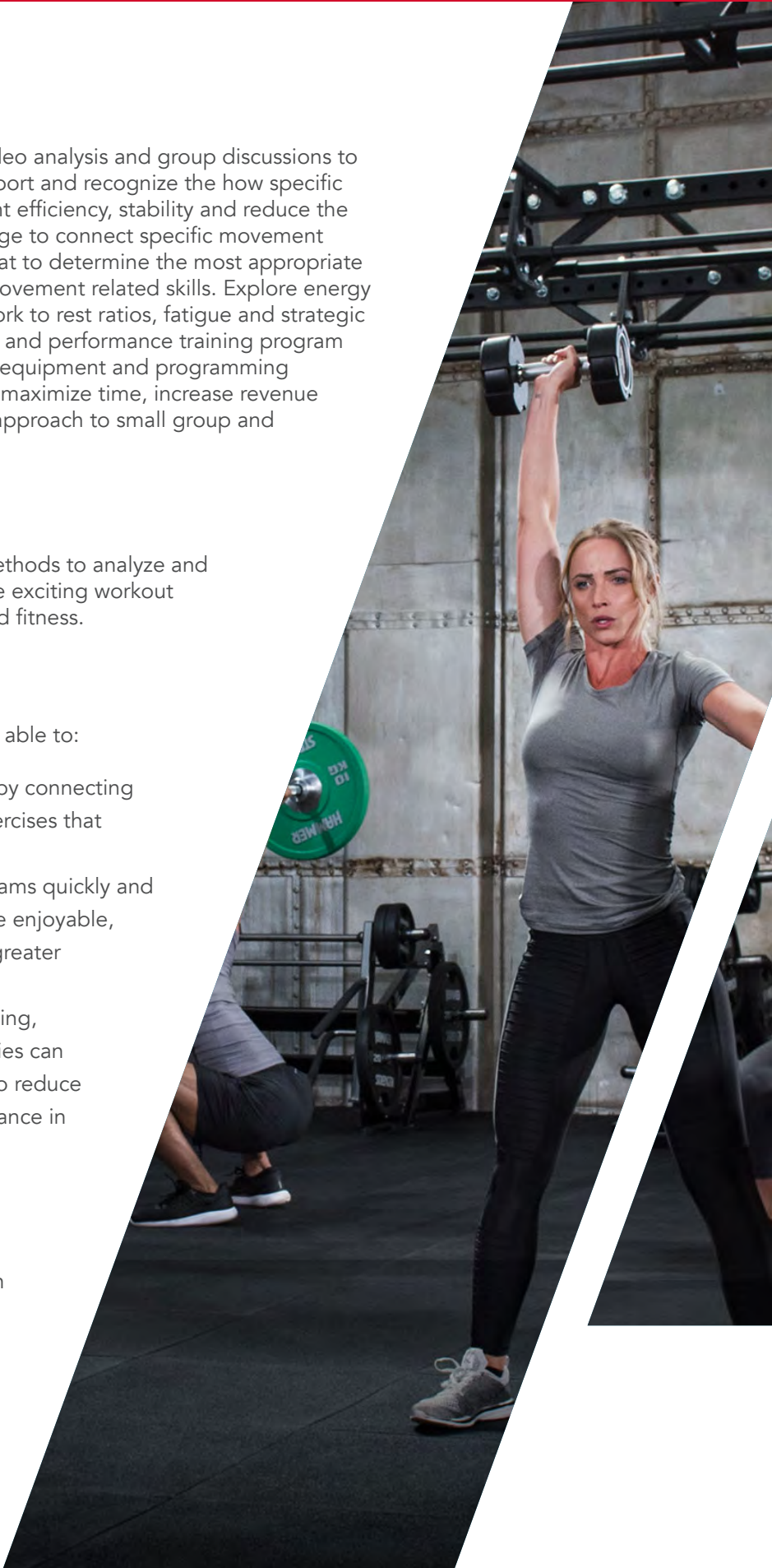
LEARNING OUTCOMES

By the end of the course, participants will be able to:

- Describe how to target specific outcomes by connecting movements of life and sport to specific exercises that enhance function.
- Explain how to progress and regress programs quickly and effectively to create workouts that are more enjoyable, sustainable and productive, thus creating greater retention and results.
- Experience how subtle changes in positioning, equipment choices and movement strategies can challenge clients in unique ways, helping to reduce pain, control fatigue and enhance performance in life and sport.
- Demonstrate knowledge of fatigue and applying it toward the creation of workout structures that expand client work capacity and efficiency, helping them find success in a more confident active lifestyle.

COURSE DURATION

8 Hours





COURSE DESCRIPTION

Small Group Training continues to be one of the biggest trends and revenue generating programs in the fitness industry. This Small Group Training course focuses on creating experiences for the member through great instruction and interaction. This course strengthens and builds on the foundational knowledge needed to be a successful Small Group Training instructor and also links those skills to the member experience while creating a comfortable and enjoyable training atmosphere that will keep members coming back! Consisting of classroom learning and hands on experiences, this course will teach fitness professionals how to create and deliver programming for small group training.

AIM

To equip learners with the knowledge, skills and confidence to create and deliver safe, effective and engaging small group training classes.

LEARNING OUTCOMES

By the end of the course, participants will be able to:

- Define small group training (SGT) and the benefits to the member
- Recognize safe and effective session structure for a SGT session
- Identify and demonstrate the teaching skills required to deliver a safe, effective and enjoyable SGT session
- Recognize the factors that contribute to delivering an effective SGT experience
- Identify the importance of progressions and regressions within a SGT session
- State the importance of screening members fully, before participating in higher intensity sessions
- Understand how to create programming for SGT classes

COURSE DURATION

8 Hours





COURSE DESCRIPTION

In this course, learners will examine the anatomy and function of muscle tissues as well as their interaction with the skeletal system. Muscles play a critical role in the human body, and an understanding of how they work is crucial for anyone who hopes to improve the body's functional capacity. This course will examine different types of muscles fibers and how their differing abilities influence exercise capabilities. Learners will also discuss training principles to improve the function of muscle tissues and the benefits of improving muscle function, applying their knowledge of muscle physiology to exercise. Topics covered include muscle MAPing, exercise selection, cueing, various body types, muscle hypertrophy, the nervous system's effect on muscular development, and much more. This course is a must for trainers and instructors who want improve their skills in exercise selection and program development.

AIM

To improve participant understanding of the basics of muscle physiology and how they apply to exercise and program development.

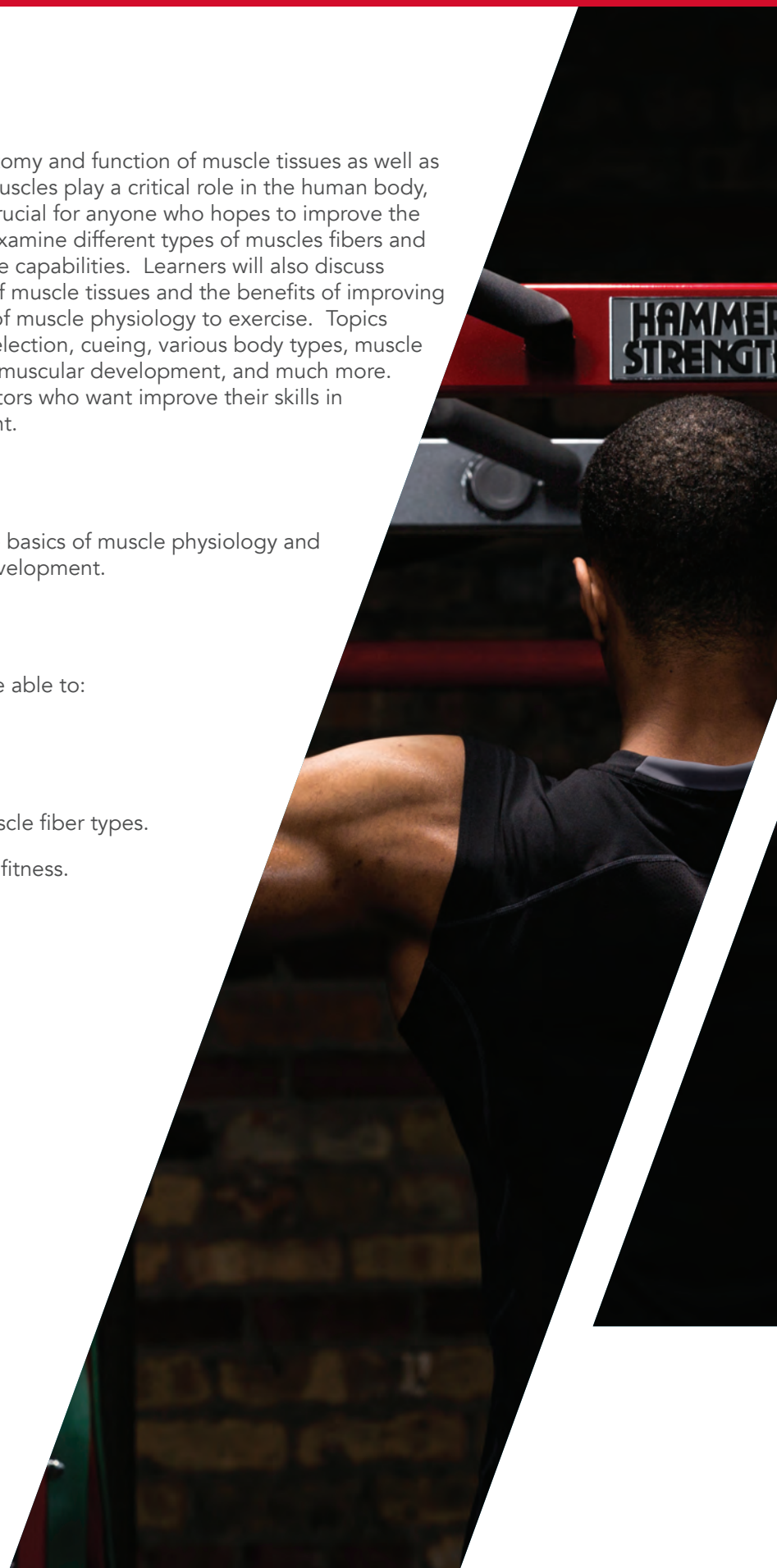
LEARNING OUTCOMES

By the end of the course, participants will be able to:

- Describe the basic physiology of muscles.
- List the different muscle fiber types.
- Describe the functions of the different muscle fiber types.
- Explain muscle's role in overall health and fitness.
- Describe the muscle MAPing concept.
- Demonstrate effective exercise selection and cueing techniques.
- Demonstrate effective exercise selection and cueing techniques.
- List the benefits of different recovery techniques.

COURSE DURATION

8 Hours





COURSE DESCRIPTION

Take a dive into High Intensity Interval Training (HIIT), one of the most popular fitness trends as listed by the American College of Sports Medicine (ACSM). HIIT has been changing the fitness industry for over a decade. HIIT promises incredible results in less time than traditional cardio exercise. Examine the history of HIIT to understand what started this trend. Dive into the science to learn the multitude of benefits HIIT can bring to your exercise routine as well as the inherent risks with this form of exercise. Once you have this baseline knowledge, put it into practice by developing and coaching your own HIIT workout. Learn how to effectively use this amazing fitness tool to further your own or your client's fitness goals.

AIM

To improve knowledge of High Intensity Interval Training including structure and science of HIIT Programs.

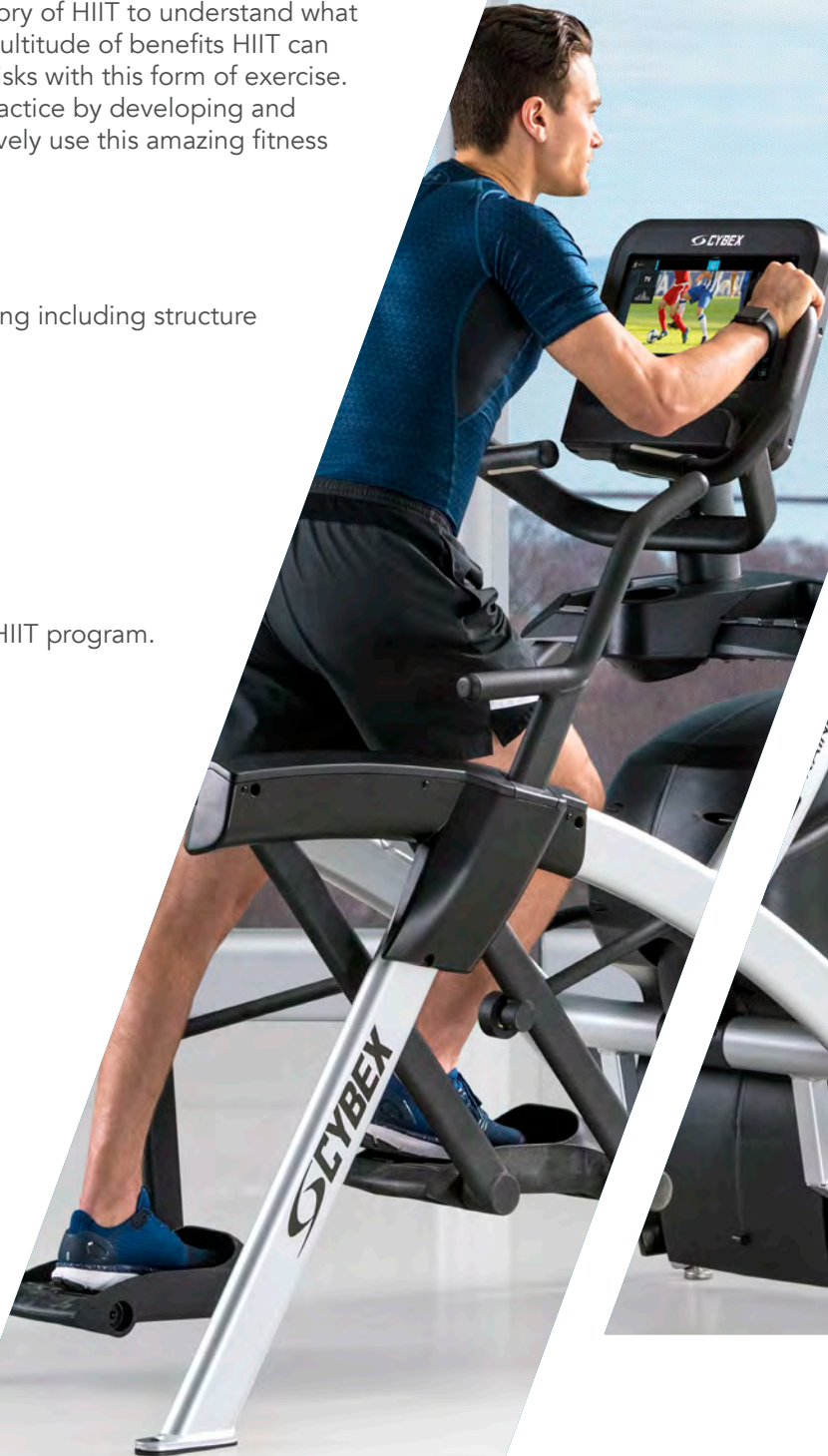
LEARNING OUTCOMES

By the end of the course, participants will be able to:

- Define High Intensity Interval Training.
- List the potential benefits and risks of HIIT.
- Describe methods of monitoring intensity during a HIIT program.
- List the components of a HIIT session.
- Explain work to rest ratio.
- List examples of exercises that occur in the 3 cardinal planes of motion.
- Describe how HIIT affects physiological features like energy systems, muscle fibers, and EPOC

COURSE DURATION

4 Hours





COURSE DESCRIPTION

What is biomechanics, and more importantly, why does it matter for exercise? How do you alter exercises to accommodate user goals or limitations? The answers to these and other questions are found in Biomechanics of Function. Biomechanics is the foundation behind why certain exercises work the muscle groups that they do. It also forms the basis of manipulating exercises to accommodate different end goals. This highly engaging and interactive program takes a novel approach to fundamental principles of applied biomechanics. It combines interesting presentation with engaging practical experiences to build a deep understanding of the science of human movement. This course also teaches fitness professionals how to evaluate exercise mechanics and construct exercise solutions that lead to more efficient movement, greater strength gains, and improved functional outcomes.

AIM

To provide the learner the knowledge, skills and confidence to identify the effects of torque on the body and how this relates to moment arms and the application of force. The learner will explore how different forces can be placed upon the body to achieve different training effects.

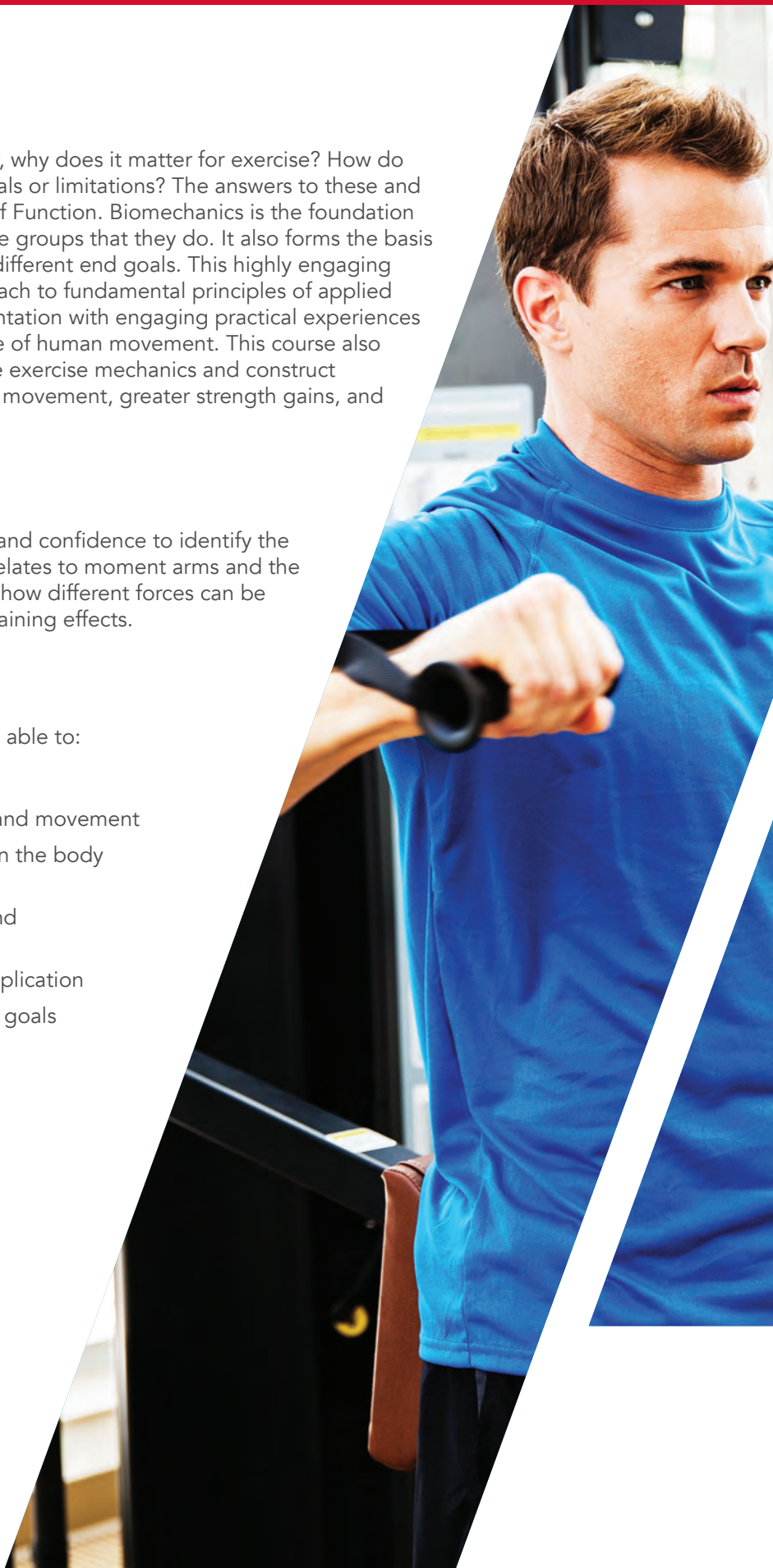
LEARNING OUTCOMES

By the end of the course, participants will be able to:

- Define “functional” training
- Understand the difference between force and movement
- Understand how the application of force on the body creates torque
- Apply the principles of torque to single- and multi-joint exercises
- Differentiate between methods of force application
- Alter torque profiles to meet an exerciser’s goals

COURSE DURATION

12 Hours





COURSE OVERVIEW

Good training regimes need a solid foundation, this internationally recognised certification will teach you how to plan, prepare, execute and deliver a group indoor cycling course.

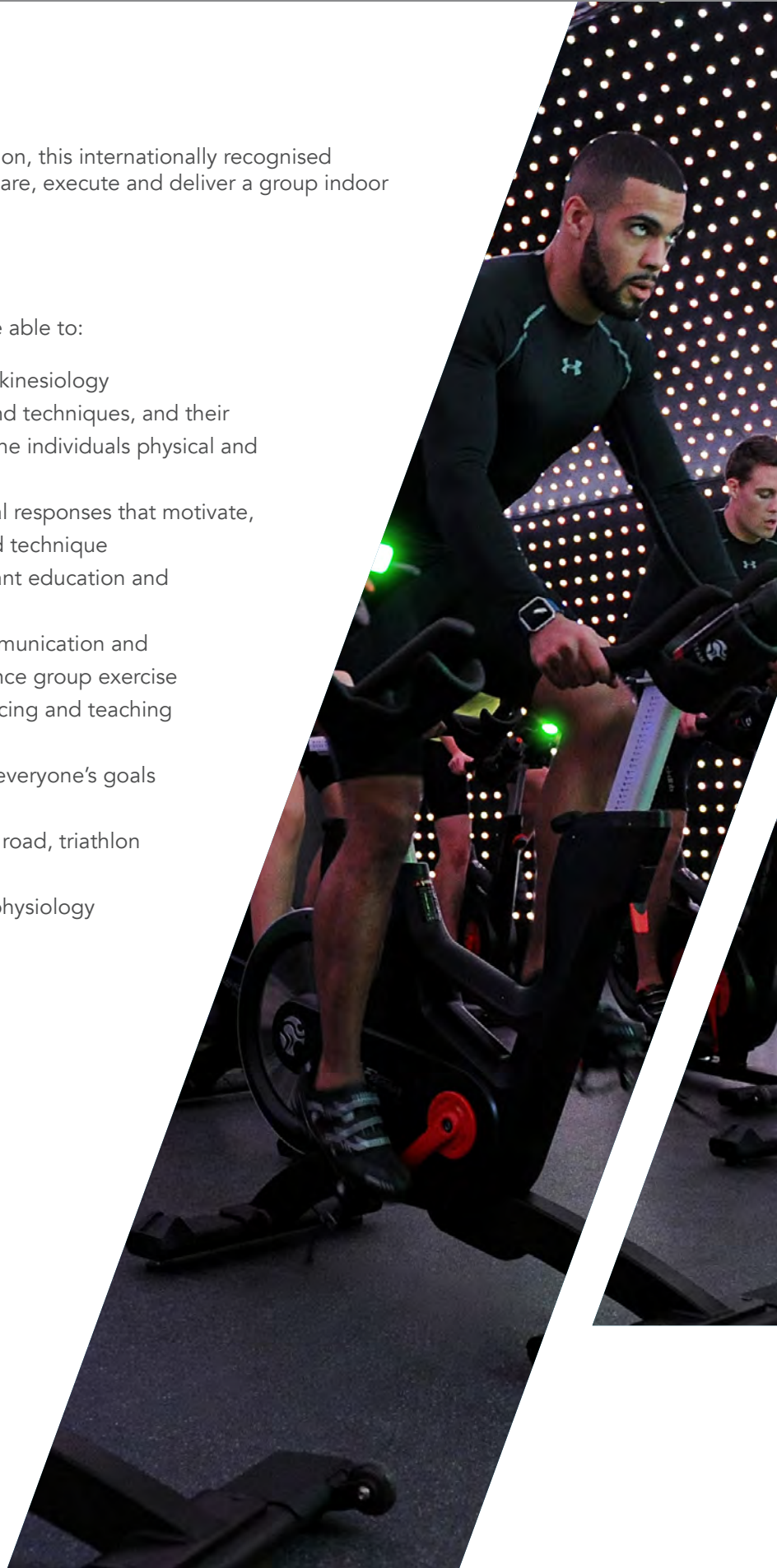
LEARNING OUTCOMES

By the end of the course, participants will be able to:

- The application of cycling physiology and kinesiology
- The core and advanced riding positions and techniques, and their application in a multi-level class meeting the individuals physical and sporting needs
- Using music and profiles to elicit emotional responses that motivate, inspire and direct the individuals' form and technique
- Monitoring methods to maximise participant education and achievement
- Understanding of different dynamics, communication and teaching methods needed in high adherence group exercise
- Overcoming the issues linked with introducing and teaching advanced aerobic training
- Advanced class profiles to accommodate everyone's goals and abilities
- Application of indoor cycling coaching for road, triathlon and mountain biking
- Advanced knowledge and application of physiology related to aerobic and anaerobic training

COURSE DURATION

8 hours face to face, 10 hours online





COURSE OVERVIEW

Exclusively for our ICG indoor cycles that utilise Coach By Color®, this programme will quickly deepen your understanding and connection to power-based training through colour. Starting with the ICG Wattrate Power online course, this programme breaks down the science behind 'power' and gives you the practical understanding on how to deliver power-based training on any bike equipped with a power meter (display of watts).

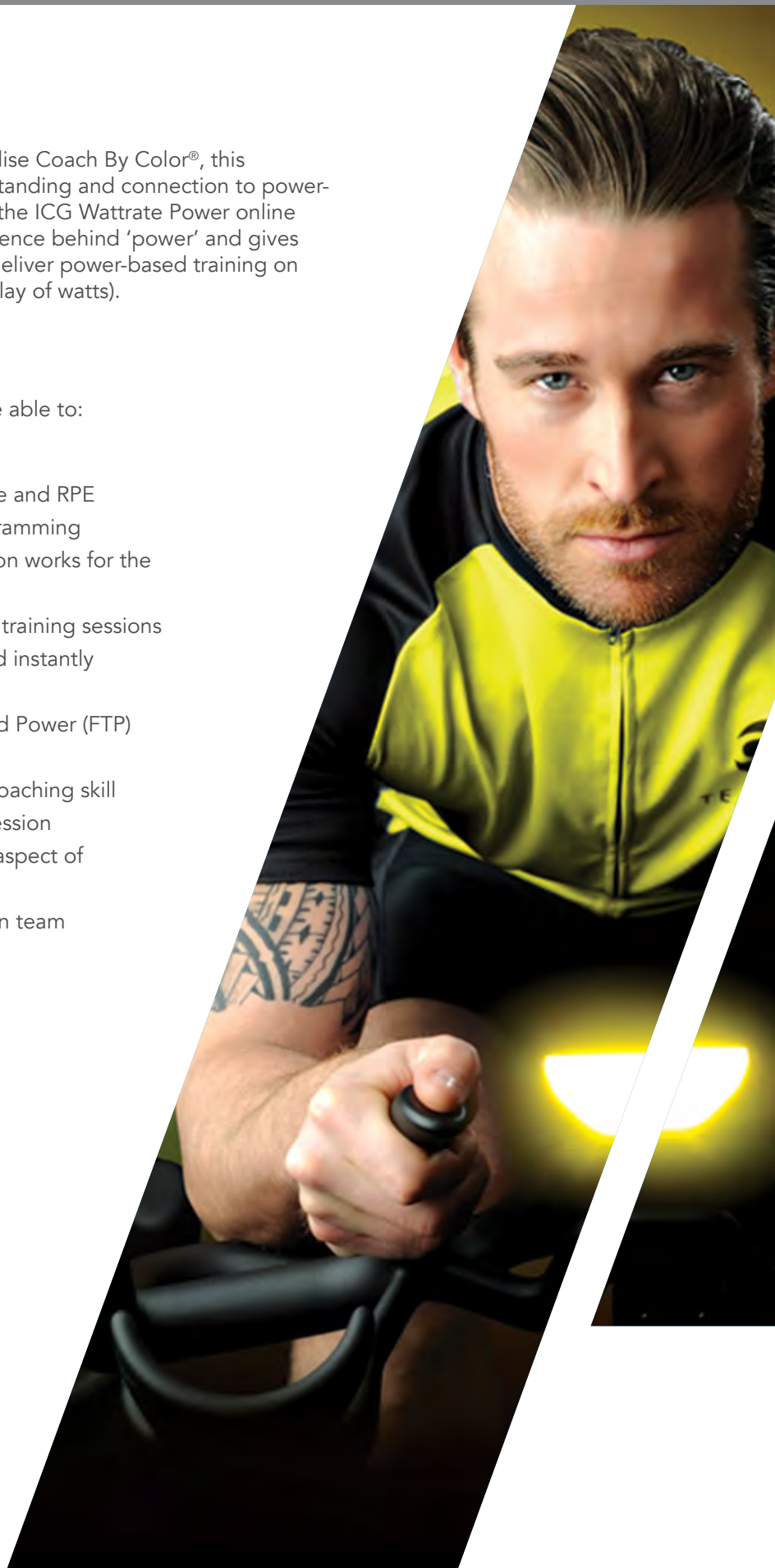
LEARNING OUTCOMES

By the end of the course, participants will be able to:

- What is power and why do we need it?
- The relationship between power, heart rate and RPE
- Power testing - the starting point for programming
- Why using colour to build a training session works for the student and you as the coach
- How to simplify and maximise your power training sessions
- Why using colour engages the student and instantly rewards their effort
- How to establish your Functional Threshold Power (FTP) anchor point
- How to develop the key Coach by Color coaching skill set required for an individual and group session
- How colour can enhance the competitive aspect of team coaching
- How colour can deliver instant feedback on team and individual performance
- How colour sessions improve student experience and build team spirit
- How to deliver a HIIT drill using the Coach by Color FTP format

COURSE DURATION

8 hours face to face, 6 hours online





COURSE OVERVIEW

This programme will accredit instructors in how to teach with forward-motion video, using ICG's Myride+ system.

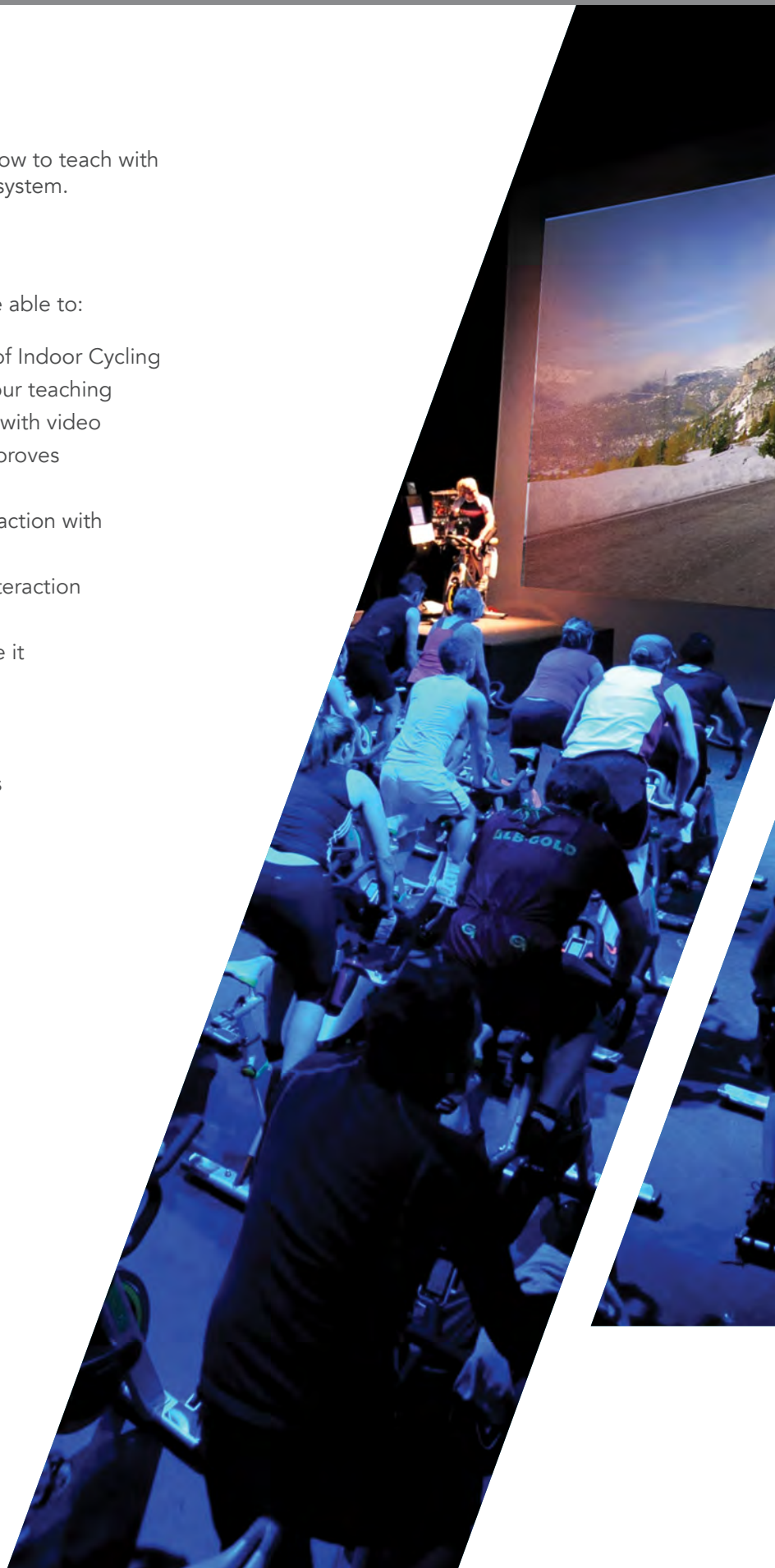
LEARNING OUTCOMES

By the end of the course, participants will be able to:

- Understand how ICG views the evolution of Indoor Cycling
- Learn how to bring the road and trail to your teaching
- Understand the key principles of teaching with video
- Learn how combining music and video improves exercise performance
- Find the balance of combining video interaction with your great coaching skills
- Master ICG's 'SIT' principle: Simulation, Interaction and Telepresence
- Learn what immersion is and how to create it
- Discover how to make the students feel present in the video to maximise their enjoyment and fitness outcome
- Receive our top ten representative profiles

COURSE DURATION

8 hours face to face, 4 hours online





COURSE OVERVIEW

ICG Connect is a digital platform created to deliver datavisualisation and gaming to unite riders by tracking group performance, providing team competition and rewarding group leaders, whilst celebrating individual achievement.

LEARNING OUTCOMES

By the end of the course, participants will be able to:

- How to use the Power, Heart Rate and QuickStart training modes to deliver inspired connected classes
- How to use the immersive qualities of this interconnected experience to drive greater training engagement
- How to use the performance metrics, user interface and animations to make coaching and following instruction flawless
- Engaging all types of cycling fanatic using the variety of programmes, modes and features of ICG Connect

COURSE DURATION

4 hours





**LIFE FITNESS
ACADEMY**

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LIFE FITNESS
FAMILY OF BRANDS

FIT PLUS

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