



# PAIN-FREE PERFORMANCE SPECIALIST CERTIFICATION

The course is focused on the following items:

## Programming

The PPSC 30,000-foot view of programming needs for all humans. This revolves around the foundational movement patterns of squat, hinge, lunge, push, pull, carry (locomotion).

Day 2 covers specific programming for each of those foundational movement patterns.

## Screens & Assessments

How and when to screen or deep dive assess each of the six foundational movement patterns. These screens and assessments will dictate the best exercise options for your unique client.

## 6-Phase Dynamic Warm Up

The 6-phase warmup to thoroughly prepare a client for success in a session, which also allows us to discuss our thoughts on foam rolling, stretching, correctives, activation drills and excitatory drills.

## Plan Smarter Strategy

The first session with a client strategy and the format we believe and have seen to be very successful in driving higher conversion rates. The session also yields better programming decisions.

The course is 2-days long, each 8 hours with a one hour break. The structure repeats ~30 minutes of lecture, followed by 30-60 minutes of hands-on practical. We provide a written notebook with slides, other information and space for attendees to take notes. We are pre-approved for ceu's through ACE and NASM, which makes it easy for any other personal trainer certification to give ceu credits.

