AO

COURSE

BATTLE ROPE TRAINING ESSENTIALS - CPD

This module is aimed at…

Fitness Instructors, Personal Trainers, Group Exercises Instructors, Physiotherapists or any exercise or health practitioner that wants to safely and effectively utilise this piece of equipment within their coaching, classes or programming.

You will need to watch/complete all presentations / sections of this module.

REVIEW QUESTIONS & QUIZ

By the end of this module, learners should be able to:

- Safely and effectively use and teach essential Battle Ropes exercises.

- To provide an overview of the benefits of Battle Rope Training.

- To discuss how to select a good quality and appropriate Battle Rope and how to safely set it up and anchor it for use.

- To describe the correct wave technique, posture and common errors.

- To describe how to effectively teach and coach the essential exercise techniques covered in this module.

- To discuss the optimal training parameters to Battle Rope training, including set duration and work to rest ratios.

REVIEW QUESTIONS & QUIZ

There are some review questions at the end of each presentation/section and there is a review quiz at the end of this module that you must pass to complete.

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