

POWER JUSTFIT INSTRUCTOR, Graz, Austria

3.6.-4.6.2023

Price: €250

What is new age program?

It is a training concept that combines professionalism, progression, fitness elements and basics of functional body movement. It is a programmed group guided workout that optimally activates the whole body to capture FIT wellbeing in all aspects. Not just that, it is one of the few exercises where we see the widest spectrum of exercisers regardless of age, physical fitness, gender and trends.

For a decade, POWER JUSTFIT has been winning people's hearts, wherever it appears!

The weekend course consists of the license (1st day) and the programme (2nd day).

What will I learn in the course?

A licence and dedicated practical and theoretical knowledge from internationally renowned experts, allowing you to start building a successful career.

Through workshops, practical exercises and demonstrations, you will gain the basic knowledge of using the bar, weights and your own body, as well as other features and rules of POWER JUSTFIT exercise programme. You will receive a current soundtrack and a structured program.

Course description:

The course takes place on Saturday and Sunday, from 9 a.m. to 5 p.m. It consists of master classes and various workshops.

The whole programme is presented in such detail that after this time the students understand the concept of the workout genre and can begin to perform and develop it independently. The course introduces the basic concept of the workout, basic exercises, a programme with a precise sequence of exercises and adaptations to the different levels of the participants in the groups.

The basic knowledge, features and rules of this complex exercise programme are presented in hours of workshops, practical exercises, and demonstrations to the extent that a licensed trainee can successfully perform the exercise independently. He/she acquires all the necessary knowledge for group training, which is currently one of the most attractive and most popular in European sports centres

Get all the necessary knowledge for group training, which is currently among the most attractive and most visited in European sports centers.

Power JUSTFIT is simply the fastest way to a FIT shaped body. Become a part of this new-age bestseller.