



CRANKIT STRAPS

Advanced

What you'll learn:

Understand and use primal movement patterns

Understand and apply the key principles to progress and regress any CrankIt Straps exercises

Demonstrate and teach advanced CrankIt Straps exercises

Do 5 + Highly advanced CrankIt Straps exercise

Understand and apply the principles of exercise programming

Design a workout for a client using the knowledge you have learned

5 CEC's

Training Fees \$249 (advanced)

or \$299 (essentials + advanced)

or \$478 (essentials + advanced + straps package)