



CRANKIT STRAPS

Essentials

What you'll learn:

Correctly and safely set up and use the CrankIt Straps in a variety of environments

Assemble your CrankIt Straps to suit your training environment or specific exercise needs

Properly perform and teach over 35 Essential CrankIt Straps Exercises

Adjust the resistance of any CrankIt Straps exercise through levers and load principles

Identify and correct common exercise technique faults

Understand how to progress and regress exercises based on the principles of stability, total load and complexity of movement

What's included:

Expert instruction and hands-on practice

3 Continuing Education Credits (CECs)

A Certificate of Completion

3 CEC's

**Training Fees \$129 (essentials)
or \$299 (essentials + advanced)**

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