



MMA Conditioning Level I Instructor CEC Course

\$149 + GST Early Bird - (Received at least 3 weeks prior to course)

\$169 + GST Regular Fee (Received within 3 weeks prior to course)

\$189 + GST On-Site Registration Fee

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MMA Conditioning Specialist -LEVEL I-Certification Exam

\$49 + GST Early Bird - (Received at least 3 weeks prior to course),

\$59 + GST Regular Fee

**Can-fit-Pro accredited for 4 CEC's for PTS/ FIS
CPTN 7 CEC's**

Course Description: (8 Hours) MMA (Mixed Martial Arts) is the newest phenomenon to sweep North America. As a coach of a competitive Boxing & Kickboxing club and personal trainer, I find that 95% of those who come through the door are MMA/Ultimate Fighting fans that recognize the benefits of training authentically to improve overall fitness, learn proper self defense and satisfy a passion, but aren't interested in the full contact competitive side of the sport that occurs in the Octagon. Learn "real" MMA conditioning training, striking techniques, combinations and floor bag-work designed by a Certified Competitive Boxing-Kickboxing Coach and Certified Personal Trainer for the ultimate in authenticity and fitness, ensuring a safe and efficient class or personal training session. This workshop is specifically designed for you, the trainer, to tap into that market by incorporating authentic MMA-UF drills including rope training, obstacle course, agility training, cardio training, strength training, boxing & kicking focus pad training and ground'n pound floor bag work into a rigorous training program format perfect for a specialty class format.

Includes: Instructor Manual