

Optimal Training Methods Video Package

For Fitness Professionals, Physiotherapists and Health Practitioners

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Congratulations!

You have just saved yourself valuable time and energy by purchasing a product that combines the skills of two allied health professionals!

Our suggestions for the program are as follows:

1. Watch to DVD either in full or exercise by exercise and take notes on the following:

- Specific Questions you may have
- Queuing drills
- Techniques to practice

Make sure you use the e-book that accompanies the program. Use this for your note taking.

2. Practice the exercises on yourself.

Do not try to teach an exercise that you are not familiar with, or have not been practicing & perfecting.

3. Watch the DVD again to pick up any finer points that you might have missed.

It is amazing how the technique points make so much more sense when you have first practiced the technique.

Highlight all the important parts.

4. Practice the exercises on your training partners, colleagues and clients.

Put all of your new knowledge into practice!

Next, complete the exam and email back to info@createptwealth.com.au

This program, when completed will gain you 7 CEC Points with Fitness Australia for your accreditation

Thank you for supporting our product, we are extremely passionate about the work we do and trust that you will be able to incorporate the procedures and techniques that we promote to better yourself professionally and in your business.

