



International Gymstick Instructor Workshop 22th March- 25th March 2012 Finland

Gymstick Educations

The purpose in each Gymstick education is to provide instructors with a clear and extensive overview of the Gymstick Original as an effective and versatile fitness tool. Each education includes theory and practical components on how the Gymstick can be used to improve muscle strength, endurance, balance, coordination, mobility and cardiovascular conditioning. Safety and maintenance of the Gymstick is also included to ensure that instructors are well informed of the correct way to use and care for the Gymstick to maintain this longevity.

Each education will include the fundamentals of Gymstick which includes the following topics:

- The Gymstick concept
- How and why the Gymstick was created
- An explanation of the design of the Gymstick and the reasons behind each design detail
- How to use the Gymstick and,
- Maintenance of the Gymstick

One of the key aims of the Gymstick education is to demonstrate how to adapt and apply the concepts and skills so that instructors can develop their own Gymstick classes or personal training workouts.

After each of the Gymstick educations, instructors will have developed an understanding of the potential for assisting clients in achieving their health, fitness and sporting goals and their knowledge and

experience of the Gymstick guarantees that clients will receive a professional level of instruction during their Gymstick workouts.

Why do the Gymstick Educations?

The Gymstick is a Simply Effective tool, and for this reason, most people do not truly appreciate the scope of exercises and uses that the Gymstick can be used for.

This is why the education is an important step for any instructor, trainer or practitioner as the full benefits of Gymstick cannot be truly appreciated until it is demonstrated in formal training.

“With the help of professional instructors, we have been able to find a safe and effective way to train with the Gymstick. It is important for us to know that the groups starting with Gymstick will get the best possible start with complete instructions on how to use the Gymstick”



Gymstick International

There are three educations: Gymstick PT, Gymstick Muscle and Gymstick Aqua.

Gymstick PT

The Gymstick PT education is a new education that has been developed over the past 2 years. This training will provide personal trainers, physiotherapists and sports coaches with the tools to be able to provide their clients with varied and effective workout. This education includes:

- How the Gymstick can be manipulated to cater for athletes, seniors, recreational fitness and rehabilitation clients
- How to provide training in a one on one or group situation
- How to create variety within a training program so that the client is never bored
- How to develop functional training to suit the specific needs of the client
- How to challenge balance, proprioception, muscle strength and endurance and joint stability safely
- How to incorporate other fitness tools like the Swiss ball and foam roller with the Gymstick for safe and effective muscle conditioning

The Gymstick PT education will demonstrate how a Gym on a Stick can be Simply Effective.

Gymstick Muscle

Gymstick Muscle is a unique group fitness program that uses the Gymstick to provide a muscle conditioning program that can be manipulated for specific client groups. This education teaches instructors how to develop a progression-based technique called Trios. Trios is a group exercise concept exclusive to Gymstick and it has been proven to be Simply Effective in delivering a group fitness program that includes muscle strength, endurance, balance, coordination, cardiovascular conditioning and mobility.

This education includes:

- What is a Trio and the components of a Trio
- How Trios effectively incorporate many fitness principles that can be challenging to integrate into a traditional group fitness format
- How to create variety within a group fitness program so that clients are never bored
- How to incorporate functional training in a group fitness format
- How to deliver a Trio workout
- How to use the stick effectively for a warm up and stretch

Gymstick Muscle is like no other group fitness program and it comes with a specific music format to make it easy for the instructor to deliver the workout and for the members to follow.



Gymstick Aqua

Using rubberised bands in water fitness classes is not a new concept, but what is truly unique about the Gymstick Aqua, is it's attachment to a stick. With this innovative design, stationary, propulsive and travelling exercises can utilise the added resistance of the bands. This is ideal for catering for different strength and fitness levels, especially in a water exercise format. This education is suitable for all fitness instructors, personal trainers and health professionals who wish to deliver water workouts.

This education teaches instructors how to develop a progression-based technique called Trios. Trios is a group exercise concept exclusive to Gymstick and it has been proven to be Simply Effective in delivering a water fitness program that includes muscle strength, endurance, balance, coordination and cardiovascular conditioning.

This education includes:

- The hydrodynamic principles and how these concepts apply to the Gymstick Aqua and Gymstick Aqua Trios
- What is a Trio and how to design Trios for specific client groups
- How to create variety within a water fitness program so that clients are never bored
- How to use the resistance bands to perform functional training that buoyancy equipment cannot replicate
- How to deliver a Trio workout
- How to use the stick effectively for a warm up and stretch

Gymstick Aqua is like no other water fitness program and it comes with a specific music format to make it easy for the instructor to deliver the workout and for the members to follow.



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Thursday 22th March

- 10.00-11.00** Welcome and instructions
- 11.00-19.00** Gymstick Muscle education

Friday 23th March

- 09.00-17.00** Gymstick PT education

Saturday 24th March

- 09.00-17.00** Gymstick Aqua education

Sunday 25th March

- 08.30-09.30** Power Wheelz Master class
- 09.45-10.45** Chair Gym Master Class
- 11.00-12.00** Fitnessbag Master Class
- 13.00-14.00** End of program and summary





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Place: Finnish Sports Institute Vierumäki
Urheilupuistonkatu 373, 19120 Vierumäki
www.vierumaki.fi
Tel. (03) 8424 11 / vaihde

Vierumäki is a sport institute nearby Lahti, book flights to Helsinki Airport from where there is a bus connection to Lahti buss station. We will arrange a pick-up to Vierumäki. More info later!

Workshop package price:

Full board package

March 21th March - 25TH March 2012

(Thursday-Sunday) including:

- breakfast, lunch, dinner and daily coffee break every day
- accommodation in Ilkka building
- Full education program and education material package (material folder, Muscle CD, PT DVD)
- Gymstick Instructor jacket
- Gymstick Instructor shirt

Package price in single room 536 eur

Package price in double room 481 eur

Half board package

March 21th March - 25TH March 2012

(Thursday-Sunday) including:

- breakfast, dinner and daily coffee break every day
- accommodation in Ilkka building
- Full education program and education material package (material folder, Muscle CD, PT DVD)
- Gymstick Instructor jacket
- Gymstick Instructor shirt

Package price in single room 496 eur

Package price in double room 440 eur

NB! Gymstick International will make the reservation for you, just let us know if you wish to stay in a single or double room!

Sign up now:

arja.rantasalo@gymstick.com