

# REGISTRATION

**Please complete this form in its entirety**

You may mail or fax the form to Behind the Scenes Fitness: 65 Washington Street, Suite 296, Santa Clara, CA 95050. Fax 408-248-3897  
Phone registrations will also be accepted at 408-244-4895.

TRAINING CITY	TRAINING DATES	
Name	E-mail	Phone
Address	City/State/Zip	

## Continuing Education Credits

CECs and CEUs will be given out at the end of each training. For Certifications, the written test may be handed in the day of the training, or mailed to Behind The Scenes Fitness within one week of completing the training. Certificates will be mailed 4 to 6 weeks after receiving the exam, to participants who satisfactorily complete the written and practical portions of the Certification. Behind the Scenes Fitness is recognized by the American Council on Exercise as a Continuing Education Specialist.

## Certification

\$129 Early Registration  \$149 Late Registration **KICKBOXING INSTRUCTOR TRAINING**

## Existing Certification *Participants do not have to be certified to attend a training*

I am certified with  ACE  AFAA  ACSM  ISSA  AEA  NETA  NASM  NSCA  AAAI  ISCA  No certification

Certification number(s): \_\_\_\_\_

**2006  
PACKAGE SPECIAL**  
Earn 11 to 15 CECs/CEUs  
in one weekend for one  
low package price!

## Workshops *(Check all that apply)*

**All workshops are \*\$69 for early registration, and \*\$79 for late registration. Does not include the package special.**

- |  |  |
|--|--|
| <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>KICKBOX 2006</b>        | <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>SENIOR EXERCISE</b>           |
| <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>GET ON THE BALL</b>     | <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>YOGA WORKSHOP I</b>           |
| <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>MAT PILATES I</b>       | <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>YOGA WORKSHOP II</b>          |
| <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>MAT PILATES II</b>      | <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>TURN THRU THE BURN</b>        |
| <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>PILATES ON THE BALL</b> | <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>AQUA-PLUNGE INTO FITNESS</b>  |
| <input type="checkbox"/> \$69 <input type="checkbox"/> \$79 <b>IN-HOME TRAINING</b>    | <input type="checkbox"/> \$198 <input type="checkbox"/> \$240 <b>CEC/CEU PACKAGE SPECIAL</b> |

## Payment Method

VISA  MC  AMEX  Check  Money Order

CARD #

\_\_\_\_\_

Exp. Date (Mn) \_\_\_\_\_ (Yr) \_\_\_\_\_

Name on Card

\_\_\_\_\_

Authorized Signature

**TOTAL AMOUNT DUE \$**

*10% Discount if you register for two or more trainings. Discounts cannot be combined, and are not applicable to merchandise, manuals, or package specials.*

## Manuals & Merchandise

**Manuals and/or CDs will be delivered at your training**

- \$30 Mat Pilates Manual  
 \$30 Stability Ball Manual (3 volume set)  
 \$20 Kickbox Fitness Manual  
 \$30 Pilates CDs - 2 volume set

- Childcare will not be provided during trainings.
- For registrations dated or postmarked after the early registration date, late registration fees will apply.
- If registered for the CEC/CEU Package Special, you cannot have someone else attend a session in your place.
- There will be a 10% discount on registration fees for groups of three or more, if all registration information and payment are received together. Discounts cannot be combined.
- Cancellation Policy: No refunds. If requested in writing, Behind the Scenes Fitness will issue a voucher good for a future training to those who registered but are unable to attend. A \$20.00 administrative fee will be charged for issuing the voucher.
- No written registration confirmations will be mailed. If a written confirmation or receipt is required, please enclose a stamped, self-addressed envelope. If you provide an e-mail address and request a confirmation, we will e-mail a confirmation to the address provided.

PARTICIPATION WAIVER: I hereby waive any and all claims to damages I may have against Behind The Scenes Fitness, its owner, officers, employees, Eversley Forte, members of the International Training Team, the Facility at which the training is held, any agent or representative of any of the preceding, for any and all injuries suffered by me while traveling to, from and participating in this event. Behind The Scenes Fitness disclaims any responsibility for the individual use or application of information or techniques presented at the Behind The Scenes Fitness workshop or certification by the participant. Due to weather, presenter illness, travel mishaps or any other situation out of the control of Behind The Scenes Fitness, Behind The Scenes Fitness reserves the right to reschedule any workshop or certification. I understand that I may be videotaped or photographed during this event and Behind The Scenes Fitness may use the images for any and all uses. Having signed below where indicated, participant acknowledges and agrees to the foregoing.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# WORKSHOPS

## Mat Pilates I

### Execution & Application

The goal of the Mat Pilates Workshop is to teach Pilates based matwork exercises that focus on strengthening and stabilizing the muscles in the lower back and abdominals. We will clarify the difference between sculpting, yoga and Pilates. Participants will focus on proper form and technique of exercises as they apply to other types of fitness classes. It is not intended to take the place of the training required to teach pure Pilates, but rather to allow fitness professionals to incorporate matwork movements into existing classes.

In the Mat IA portion of the training, there will be an additional 1.5 hours for participants who are new to teaching Pilates and would like to get experience leading the class. Critique, cueing, and other teaching tips will be provided by our trainers.

ACE 0.3 CECS AFAA 3.75 CEUs ACSM 3.0 CECS

### OBJECTIVES

- ✓ Learn and understand core stabilization and how these concepts relate to fitness.
- ✓ Learn proper form and execution of Pilates based matwork exercises.
- ✓ Understand modifications and precautions as related to special populations.
- ✓ Learn basic stretching, rolling exercises, positions on all fours, exercises in the supine position, side lying, prone, and resting positions.

## Mat Pilates II

### Sequencing & Transitions

Mat Pilates II was developed for fitness professionals who want to teach a full length Mat Pilates class. The goal of the Mat Pilates II Workshop is application of the Pilates exercises learned in the Mat I Workshop or other basic Pilates training, into a group or personal training session. Learn how to create flowing movement in between Pilates exercises. After completing Mat Pilates II, instructors will learn what's involved in teaching a Pilates class from start to finish.

ACE 0.3 CECS AFAA 3.5 CEUs ACSM 3.0 CECS

### OBJECTIVES

- ✓ Review matwork exercises and modifications, matwork principles, Pilates terminology and anatomy.
- ✓ Learn ways to add new challenges to known Pilates exercises.
- ✓ Learn how to progress from beginning to intermediate exercises.
- ✓ Learn an appropriate warm-up for mat exercises, how to sequence moves for smooth transitions, and how to close a class with release and relaxation work.

## Get On The Ball

Anyone can use the ball, it is a fun tool that will benefit your superfit crowd, beginners, and even personal trainers will learn ways to provide their clients with new safe effective exercises. The ball can be used to target every area of the body, such as: shoulders, back, abdominals, triceps, hamstrings, quads, inner and outer thighs, and calves. A full workout using the stability ball will be presented which incorporates many of the exercises and concepts presented during the training.

ACE 0.3 CECS AFAA 3.25 CEUs ACSM 3.0 CECS

### OBJECTIVES

- ✓ Learn a variety of exercises on the ball, proper form, modifications, different levels of each exercise, and movement (bounce, swing, push, roll, etc.).
- ✓ Learn how to incorporate the ball into existing sculpting classes, hi-lo, kickboxing, and even Pilates based classes.
- ✓ Learn how to "spot" students on the ball.
- ✓ Learn how to cue exercises with the ball.
- ✓ Learn how to use weights simultaneously with the ball. (ie. hand weights or body bar)

## Senior Exercise...

### Safe & Effective Exercise Design

This workshop is meant to educate the fitness professional working with senior clientele. Of utmost importance are meticulous evaluations through relevant client assessment protocols utilizing biomechanical perspective. Emphasis is on communication and creating effective exercises with respect to the body's structure and function, its capabilities and limitations and applying resistance correctly.

ACE 0.3 CECS AFAA 3.0 CEUs ACSM 3.0 CECS

### OBJECTIVES

- ✓ Understand the different physical and mental concerns associated with instructing the senior client.
- ✓ Be able to evaluate the client using relevant procedures keeping in mind prior conditions and limitations.
- ✓ Create safe and effective resistance training exercises that give results without injury.
- ✓ Learn 'alternative' forms of resistance being just as, if not more, beneficial than traditional types of resistance.

# CERTIFICATION

## Cardio Athletic Kickbox Instructor Training

The Cardio Athletic Kickbox workout is designed to be effective without the use of specialized equipment. The certification and workshop focus on the practical aspects of teaching, as opposed to being a lesson on anatomy and kinesiology. It is our philosophy that learning to teach and understanding the kickbox workout, transitions, visualization of targets, and sport specific movements is best done through active participation, and not by sitting through a lecture on the mechanics of the movements. Our trainers provide individualized tips and corrections.

Participants will be required to demonstrate and describe (practical and written) the proper form and alignment for each of the kicks, punches and footwork. They will also be asked to identify movements that can contribute to knee, lower back, or other Cardio Kickbox related injuries and be able to show alternatives or corrections to those movements. The training focuses on understanding and applying the concepts, as opposed to "anatomical terminology". Although recommended, no prior training or preparation is required for the certification. Certification participants will receive a free Cardio Athletic Kickbox Video.

ACE 0.5 CECs AFAA 4.5 CEUs ACSM 5.0 CECs

### OBJECTIVES

- ✓ Learn the kicks, punches, elbows, knee strikes, and combinations used in boxing and kickboxing.
- ✓ Learn proper body alignment & biomechanics to minimize possibility of injury.
- ✓ Learn how to motivate and lead your class as a coach using techniques not traditionally used in the group exercise studio to create an invigorating and dynamic workout.
- ✓ Learn athletic sports conditioning drills to improve agility, quickness, overall endurance and cardiovascular fitness.
- ✓ Learn how to incorporate athletics smoothly into the Cardio Kickbox workout to create a new and unique workout experience.
- ✓ Learn proven class formats and modifications to allow participants to exercise at various intensities, while keeping the workout low to moderate impact.

*E-mail or visit our website for NASM and AEA CEC information. Most other certification organizations will accept ACE approved CECs.*

## Kickbox 2006 Kick-It-Up-A-Notch!

This workshop is geared to group exercise instructors and personal trainers who already teach a kickboxing or circuit training workout and are looking for new ideas and intermediate/advanced choreography (done on beat to the music) to incorporate into their classes. If registered for the certification, the workshop portion of the training is included. Written and practical exams are not required in the workshop.

ACE 0.2 CECs AFAA 2.5 CEUs ACSM 2.0 CECs

### OBJECTIVES

- ✓ Learn new concepts and choreography for 2006
- ✓ Learn athletic sports conditioning drills to improve agility, quickness, overall endurance and cardiovascular fitness.
- ✓ Learn how to incorporate athletics smoothly into the Cardio Kickbox workout to create a new and unique workout experience.
- ✓ Learn proven class formats and modifications to allow participants to exercise at various intensities, while keeping the workout low to moderate impact.

## Pilates On The Ball 2006

The goal of this workshop is to teach the Pilates matwork using the ball. Participants will focus on each mat exercise and learn how to keep the "idea" of Pilates while adding the ball. Students taking this workshop need to have a prior understanding of the matwork. This workshop is not intended to teach students the matwork but to enhance the students existing knowledge. Combining the idea of Pilates and the dynamics of the ball is a new concept and can be enjoyed by anyone from elite athletes to beginning exercisers. Participants will focus on form and modifications for all levels.

ACE 0.3 CECs AFAA 3.25 CEUs ACSM 3.0 CECs

### OBJECTIVES

- ✓ Learn proper form and safety on the ball.
- ✓ Learn how to incorporate the Mat Pilates exercises with the ball.
- ✓ Learn how to modify the exercises for different populations.
- ✓ Learn how to add a variety of ball exercises into other formats.
- ✓ Learn how to keep the flow, concentration and control of Pilates with the ball.

# WORKSHOPS

## Group Cycling Turn Thru The Burn

This workshop is for the beginner, intermediate and advanced rider/instructor, who desires a better cycling experience. The focus will be on pushing your anaerobic threshold beyond its present plateau. Utilizing focused breathing techniques, appropriate visualizations and body alignment and awareness, you will experience, longer, stronger and more exciting rides.

ACE 0.3 CECS AFAA 3.0 CEUs ACSM 3.0 CECS

### OBJECTIVES

- ✓ Finding your own push point physically, consistently in the pedal stroke, and mentally in your commitment to ride stronger.
- ✓ Breathing into the flow of the movement, not against it.
- ✓ Seeing yourself in your ride. (Riding in the moment)
- ✓ Learn to individually coach participants while in a group setting.
- ✓ Learn how to push your participants to an optimum level of performance and not just "riding fast and to the beat".

## Aqua... Plunge Into Fitness

New and innovative ideas add a kick to aquatic fitness classes! Simplistic yet powerful ideas that increase cardio endurance, coordination and core strength. Pump up your veteran students and introduce new students to a water workout with an exciting format to elevate training, improve skills, and add excitement to your shallow water program that everyone can enjoy. Packed with exciting choreography that is both fun and challenging, plus all the technique training you need to know to make your class great. Participants will be shown ways to change intensity levels for the aerobic portion of your classes, contraindications, cueing and transitions. This workshop is for beginner or intermediate level instructors.

ACE 0.3 CECS AFAA 3.0 CEUs ACSM 3.0 CECS

### OBJECTIVES

- ✓ Learn the theories of Aquatic Exercise.
- ✓ Learn the base moves of Aqua-Cardio and ways of utilizing these base movements.
- ✓ Learn how to stretch all muscle groups.
- ✓ Learn pattern building techniques and how to format a class.
- ✓ Learn cueing techniques.

## In-Home Personal Training Essentials

This workshop serves to educate the Personal Trainer on developing a successful and professional In-Home personal training business. Topics discussed not only include effective training techniques, but also business savvy in order to attract and retain more clients, create additional income, and secure a profession rather than a hobby. Emphasis is on creating effective communication and relationships with clients from potential cold calls to yearlong veterans. Valuable equipment options for those clients with space or financial concerns are given as is creating relationships with equipment manufacturers, retailers, and refurbishers.

ACE 0.3 CECS AFAA 3.0 CEUs ACSM 3.0 CECS

### OBJECTIVES

- ✓ Learn to analyze clients and to create effective communication techniques to portray professionalism.
- ✓ Develop a superior consultation packet and documents.
- ✓ Learn to implement effective pricing and time management.
- ✓ Create biomechanically appropriate exercises that are safe and effective.
- ✓ Manage business concerns from accountants, office supplies, to the IRS.

## NEW! Online and Home Study Courses

Pilates On The Ball\*

Yoga...The Mystery Revealed

Osteoporosis & Exercise

Get On The Ball

Safe & Effective Exercise Design For Seniors

Postural Problems & Pilates

Mat Pilates I\* and Mat Pilates II\*

Each course provides 2 to 4 hours of continuing education credits and can only be ordered online.

Visit our website at [www.homekickboxing.com](http://www.homekickboxing.com) for course details and pricing.

\*Includes 3 hour workshop on DVD.



## Designing Resistance Training Programs

This Resistance Training course serves to educate instructors/trainers on how the body produces and responds to forces from a Biomechanical perspective. The course is split into two parts: a science lecture and a workshop with hands-on learning within the fitness facility. Emphasis is on correct terminology, understanding the body's capabilities and limitations, respecting its structure and function, and applying resistance correctly. Practical applications aim to educate fitness professionals on how to apply basic Biomechanical knowledge, implementing it to exercise creation and program design.

- Learn the relevance of incorporating Biomechanical concepts as a professional fitness instructor.
  - Gain understanding of basic terminology and Biomechanical concepts and learn to communicate them effectively.
  - Obtain complete knowledge of joint mechanics.
  - Learn to analyze factors that affect a muscle's ability to respond to and produce force.
  - Learn how to apply resistance effectively and appropriately.
  - Learn to practically apply the knowledge toward resistance training exercises.
- 

## Advanced Resistance Training Programming

This Advanced Resistance Training Workshop furthers the knowledge obtained in the Designing Resistance Training Programs course by including detailed examination of the structures that produce force and analyzing them through Biomechanical perspective. The workshop is split into two parts: a science lecture, and a lecture combined with practical, hands-on learning application within the fitness facility. Emphasis is on correct terminology, understanding the body's capabilities and limitations, respecting its structure and function, and applying resistance correctly. Practical application throughout, aims to educate the fitness professional on how to apply Biomechanical knowledge into exercises and program design.

- Learn complete and consistent use of Biomechanical terminology and concepts.
- Gain thorough knowledge of lever systems, leverage, joint structure and mechanics, force production, force application, with emphasis on the mechanics of load application.
- Learn to assess risk and benefit.
- Learn to understand the difference between high risk and contra-indicated.

# QUESTIONS?

## **What should I expect during a training?**

Expect a BTSF certification or workshop to be packed with a heavy duty dose of stuff you can actually use in your group exercise classes or personal training sessions. Our presenters are required to be specialists in the trainings they teach, and will provide individualized tips and corrections, options for different fitness levels, and instructional techniques.

## **Are your courses approved for CECs and are they recognized by other certification organizations?**

All BTSF courses are approved for CECs and CEUs by ACE and AFAA. ACSM and NETA accept the ACE CECs directly. E-mail or visit our website for NASM and AEA CEC information. Most other certification organization will accept the ACE approved CECs.

## **Will BTSF be offering a Mat Pilates certification?**

BTSF was established in 1994 with Cardio Athletic Kickbox as its foundation, and will continue providing the kickbox training as a certification. The combined content of our Mat Pilates workshops exceed the contents of most 1 or 2 day Mat Pilates certifications. At this point in time, we have chosen not to make the Mat Pilates a formal certification.

## **Do I need to be a certified instructor before I can take your certification?**

Many people ask this question. People take BTSF certification courses for several reasons: professional advancement, to get new ideas for classes, they might just need CECs, and people just wanting to learn more about something they might be involved with. With such diversity in participants, we do not try to overwhelm you with big words. We want you to leave a certification actually understanding what was presented during the training and not just trying to translate anatomical terminology.

## **Will I be ready to teach after taking the certification or workshops?**

A certification or degree is a verification (via some form of exam) that someone has been presented with a certain amount of general information necessary to progress in their chosen field. It is up to the individual to practice and receive enough training to effectively perform their job, and that applies to any profession. The persons hiring have to decide if that individual is ready to teach at their facility.

## **Why does BTSF not teach anatomy at the certification?**

BTSF has not found a good reason to give a "token" anatomy lesson as part of a kickbox certification. Anatomy is covered quite thoroughly along with conditions and complications (injuries, treatment, diseases, risk factors, etc) in certifications through organizations such as ACE, ACSM and AFAA.

## **Which trainings qualify for the package deal?**

The cities with the purple marker have 11 to 15 CECs and CEUs available during the weekend. This is a special promotion and other discounts cannot be combined with the package deal. To qualify, BTSF must receive your registration by the early date.

## **Can I take the certification just for the CECs without taking the exam?**

Yes. Just let BTSF know ahead of time and we will not require you to take the certification exam. Attendance is required, but physical participation is not required if you only want the CECs and CEUs.

## **How do I get the online home study courses if I do not have internet access?**

Please call BTSF directly at 408-244-4895 or fax us at 408-248-3897 to request the course. A \$5.00 administrative fee per course will apply. There are no administrative fees if you access the courses online.

## **How do we host a BTSF workshop or certification?**

Eversley and the BTSF International Training Team are available to teach Cardio Athletic Kickbox® Certifications and Workshops, Mat Pilates, Yoga, Aquatic Programs, Nia Workshops, Personal Training Seminars, Group Cycling and Stability Ball Workshops throughout the United States and Internationally. There is no cost to the host facility, complimentary admissions are included, and BTSF will promote the events. Please call or e-mail BTSF for detailed hosting information.

*If you have a training question, you can contact us by phone or e-mail. 408-244-4895 [training@homekickboxing.com](mailto:training@homekickboxing.com)*

# Now available on DVD!

The Ultimate Calorie and Fat Burning Total Body Workout For Men and Women

CARDIO ATHLETIC KICKBOX®  
"No Holds Barred"



## "No Holds Barred"

The Cardio Athletic Kickbox "No Holds Barred" DVD is packed with new combos for intermediate to advanced exercisers looking for challenging ideas to kick their cardio workout up a notch.

Order your copy of  
"No Holds Barred" and other  
Cardio Athletic Kickbox  
DVDs or VHS tapes, at  
[www.homekickboxing.com](http://www.homekickboxing.com)