



ViPR PRO® Fundamental Certification Course



This course is for fitness enthusiasts and fitness instructors who would like to learn how to use the ViPR PRO® as a metabolic conditioning modality that trains the body as one unit for a fast, coordinated and powerful physique. This course teaches you to utilize the ViPR PRO® and include it in your workouts to move faster, feel stronger and become more agile.

- DETAILS YOU NEED TO KNOW -



Course Duration

7 hours in 1 day
9am – 5pm
(with 1-hour lunch break)



Course Date

24 Oct 2021 (Sun)



Course Fees

\$288.00



Location

Body Fit Training Bugis
114 Middle Road
#03-01 Lee Kai House
Singapore 188971



Course Format

Virtual Live by Meech Aspden
Supported by on-site facilitator(s)

- Certificate(s) to Receive -

Certificate in ViPR PRO® Fundamental Certification Course

(65) 6423 0668

1 Stadium Place #01-11 (S) 397628

info@isa.edu.sg

www.isa.edu.sg



ViPR PRO® Fundamental Certification Course

- CECs Awarded -



5 CCE Hours



0.7 ACE CEUs



0.7 NASM CEUs



0.7 AFFA CEUs



0.7 PTA Global CEUs

- *SPECIAL PACKAGE* -

Top up to receive a ViPR PRO® to bring home with you and also receive access to ViPR PRO® Fundamentals online platform!

\$298.00 - 4kg ViPR PRO®

\$318.00 - 6kg ViPR PRO®

\$368.00 - 8kg ViPR PRO®

*do note that funding is not applicable for equipment

- Grant Available (T&Cs apply) -

SKILLSfuture SG

Up to \$288.00 for Singaporeans 25 years old and above with minimum 75% attendance rate

UTAP

50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year for members below 40 years old, and \$500.00/year for members 40 years and above

Utezi

\$105.00 for Singaporeans or Permanent Residents with 75% attendance rate

- WHO IS THIS COURSE FOR? -



Fitness enthusiasts and fitness trainers who:

- Are new to the concept of metabolic conditioning modality
- Have some experience with metabolic conditioning modality
- Occasionally use a metabolic conditioning modality and would like to learn more about how to incorporate the ViPR PRO® into a training program

- HOW TO REGISTER IN 5 EASY STEPS -

- Step 1 Access the registration form at www.isa.edu.sg/viprpro
- Step 2 Fill up the form and complete it before the registration deadline
- Step 3 You will receive the invoice with payment details in 2-3 working days
- Step 4 Make full payment to confirm your slot
- Step 5 Wait for course materials (if any) to be sent to you on the first day of the course

REGISTRATION ENDS ON 19 OCT 2021, 1800 HRS



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- COURSE SYLLABUS AND SCHEDULE -

1. Learn and understand the philosophy behind ViPR PRO®
2. Meet the new ViPR PRO® modality
3. Understand the unique benefits of loaded movement training
4. Practice a wide range of exercises from preparatory and performance domains to experience the versatility of ViPR PRO®
5. Discover ViPR PRO® programming

- Master Trainer -

Meech Aspden

Having relocated back to New Zealand after 10 years of living in Hong Kong, Meech's most recent position was the Regional Director of Group Fitness for Pure International Ltd. Headquartered in Hong Kong, the Pure Group is the leading lifestyle brand in Asia and has more than 80,000 clients and 2,000 employees with further expansion plans across the region.

Meech is a renowned Senior Master Trainer for TRX and Rip Trainer, Global Master Trainer for ViPR®, Master Trainer for RumbleRoller (SMR techniques) and a Mentor/Educator for Polestar Pilates. She has been instrumental in developing these programs, training instructors and PT's, and launching them successfully in the Group Fitness environment for Pure. Development of new initiatives, training and coaching of instructors are Meech's forte and passion. With innate drive, tenacity and attention to detail, she spearheaded the strategic development of new programs and managed a large and diverse team of international instructors and trainers.





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What is the ISA Continuing Education Series?

A series of short, focused courses that breaks down complicated sports and fitness concepts into easy-to-digest programmes, allowing you to get a good foundational knowledge and understanding in specific areas of sports and fitness.

Who Should Attend?

Anyone! Whether you just want to learn more about fitness for your personal knowledge, or you are a trainer who is looking to increase your skillsets and marketability, our Continuing Education courses are suitable for just about anyone.

The ISA Advantage

ISA has been a trusted name in sports and fitness training and education in Singapore since 2003. We seek to be the thought leader by bringing together local and international experts with diverse expertise from across the industry, to seek collaborative solutions to Singapore's and the region's problems relating to health, fitness and sports.

In pursuit of our mission, we offer a full range of professional certifications, and short continuing education courses, each tailored to suit your varied needs and objectives.

- Appointed Education Partner and Approved Provider in Singapore by the American Council on Exercise (ACE).
- Endorsed by industry leaders such as Virgin Active, True Fitness, the Pure Group, WAKO Singapore, Singapore Federation of Bodybuilding and Fitness, Superfit, Sports Lifestyle Initiatives, Club Managers' Association (Singapore) and Sports Lab among others
- Provides early industry exposure and job placement assistance through extensive industry network.
- Offers continuing education courses for increasing your skillsets.

