

## RumbleRoller Certification Course



This course teaches you the theory and science of self-myofascial release (SMR) using the RumbleRoller suite of products. With a balanced blend of practical with theory and science, it is suitable for fitness enthusiasts and fitness instructors who like acquire the essential knowledge, skills and abilities to effectively demonstrate and teach self-myofascial release (SMR) and mobility exercises using the RumbleRoller suite of products.

### - DETAILS YOU NEED TO KNOW -



**Course Duration**

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



**Course Date**

12 Dec 2021 (Sun)



**Course Fees**

\$288.00



**Location**

International Sports Academy  
1 Stadium Place  
#01-09/11 Singapore  
397628



**Course Format**

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

### - Certificate(s) to Receive -

Certificate in RumbleRoller Certification Course

 (65) 6423 0668

 1 Stadium Place #01-11 (S) 397628

 info@isa.edu.sg

 www.isa.edu.sg

## RumbleRoller 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 \$100 to receive:

- 1 RumbleRoller Manual
- 1 Compact RumbleRoller in Original **or** Xtra-Firm
- 1 Beastie Ball in Original **or** Xtra-Firm

\*do note that funding is not applicable for equipment

### - Grant Available (T&Cs apply) -

**SKILLSfuture SG**

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 or fitness instructors who:

- Are new to, or has some experience with self-myofascial release (SMR)
- Want to learn more about the theory and science behind self-myofascial tools
- Want to learn how to use the RumbleRoller suite of products to demonstrate and teach SMR and mobility exercises

### - HOW TO REGISTER IN 5 EASY STEPS -

- Step 1 Access the registration form at [www.isa.edu.sg/rumblroller](http://www.isa.edu.sg/rumblroller)
- 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 7 DEC 2021, 1800 HRS**

## RumbleRoller Certification Course

### - COURSE SYLLABUS -

1. Understanding fascia and the benefits of self-myofascial release (SMR) and stretching methodologies
2. Methods and modifications to effectively use the RumbleRoller
3. Mechanical and neurophysiological scientific principles of self-myofascial release and mobility exercises
4. How to use movement screening to prioritize SMR exercises
5. How to teach SMR and mobility exercises to clients using the RumbleRoller suite of products
6. Benefits of SMR tools

### - 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.





## RumbleRoller Certification Course

### 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.

