



# ISA Introduction to Suspension Trainer, Core Bags & Battle Ropes Course





This course is for fitness enthusiast and current fitness instructors who like to learn more on the techniques of suspension trainer, core bags and battle ropes. A program consisting of any of this equipment can provide users with a holistic overall workout. Through this course, you will be able to monitor your own posture and learn techniques that will allow for you reap the benefits of the functional training tools. This is a practical-based class with 80% spent on practical practice.

## - DETAILS YOU NEED TO KNOW -

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**Course Duration**  
8 hours over 1 day  
9am – 6pm (w/ break)
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**Course Date**  
13 Jul 2024 (Sat)
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**Course Fees**  
\$395.00
- 

**GB Building**  
143 Cecil Street  
#26-01 Singapore  
069542

**Continuing Education  
Credits  
(if applicable)**



0.7 ACE CECs awarded upon completion  
(only for ACE Fitness Professionals)



5.0 CoachSG CCE Hours awarded  
upon completion (only for NROC  
Registered Coaches)



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**- GRANT AVAILABLE (T&Cs Apply) -**

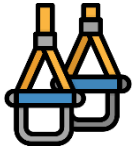
**SKILLSfuture SG**

For Singaporeans 25 years old and above with minimum 75% attendance rate

**UTAP**

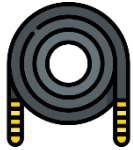
50% of unfunded course fees (before GST) for NTUC members with minimum 75% attendance rate, capped at \$250.00/year for members below 40 years old, and \$500.00/year for members 40 years and above

**- MATERIALS YOU WILL RECEIVE -**



- ISA Introduction to Suspension Trainer, Core Bags & Battle Ropes Course Notes
- **COMPLIMENTARY** Suspension Trainer

**- WHO SHOULD TAKE THIS COURSE -**



- Anyone new to suspension trainer/core bags/battle ropes training as a muscular strength program
- Has some exposure to suspension trainer/core bags/battle ropes in circuit training format
- Occasionally trains with suspension trainer/core bags/battle ropes and like to learn more about proper form and technique of suspension trainer/core bags/battle ropes workouts for everyday

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

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|--------|--|
| Step 1 | Access the registration form at <a href="http://www.isa.edu.sg/scb">www.isa.edu.sg/scb</a> |
| 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 8 JUL 2024, 1800 HRS**



**Course Syllabus and Schedule**

Refer to pages 3 – 4 for detailed course syllabus and course schedule.



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## - COURSE SYLLABUS AND SCHEDULE -

<b>Part 1</b> <b>(9am – 12.30pm)</b>	<b>Theory</b>	<b>Practical</b>
	<b>Introduction to Suspension Trainer/Battle Ropes/Core Bag</b> <ul style="list-style-type: none"> <li>• Benefits of Suspension Trainer/ Battle rope/Core Bag</li> <li>• Types of Suspension Trainer/ Battle rope/Core Bag</li> </ul> <b>Safety</b> <ul style="list-style-type: none"> <li>• Contraindications</li> <li>• Injury prevention</li> </ul>	<b>Suspension Trainer Warm Up</b> <ul style="list-style-type: none"> <li>• Upper body stretches</li> <li>• Lower body stretches</li> </ul> <b>Suspension Trainer Exercises - The Base</b> <ul style="list-style-type: none"> <li>• Push Upper body</li> <li>• Pull Upper Body</li> <li>• Push Lower Body</li> <li>• Push Lower Body</li> <li>• Core Exercises</li> </ul> <b>Battle Ropes Exercises – The Base</b> <ul style="list-style-type: none"> <li>• Singles/Doubles</li> </ul> <b>Core Bags Exercises – The Base</b> <ul style="list-style-type: none"> <li>• Cleans</li> <li>• Push/Pull Movement</li> </ul>
<b>Lunch Break (12.30pm – 1.30pm)</b>		
<b>Part 2</b> <b>(1.30pm – 6pm)</b>	<b>Theory</b>	<b>Practical</b>
	<b>Understanding the Workouts</b> <ul style="list-style-type: none"> <li>• Training Goals &amp; Parameters</li> <li>• Strength Programming Principles</li> </ul> <b>Design your own Workout</b> <ul style="list-style-type: none"> <li>• Endurance Workout</li> <li>• Supersets / Compound Workout</li> <li>• Combo Workout – HIIT flow, Circuit Training</li> </ul>	<b>Combined Workout – The Flow Sets</b> <ul style="list-style-type: none"> <li>• Tabata (HIIT)</li> <li>• Pyramid (Muscular Endurance)</li> <li>• Metcon Workout</li> </ul> <b>Combined Workout – The Core</b> <ul style="list-style-type: none"> <li>• Traditional: Row, Push up, single leg squat/RDL, knee tuck and mountain climbers</li> <li>• Singles/Doubles Battle Rope</li> <li>• Cleans Core Bag</li> </ul>

