



# MRC VIRTUAL PROSPECTUS

**Our vision is to maximise the impact of coaches globally.**

## FUNCTIONAL TRAINING INSTITUTE

The Functional Training Institute (FTI) are a movement based education company focusing on Functional training and Movement restoration based training methodologies.

Started in Sydney in 2009 by Tarek Michael Chouja and Daniel Henderson, FTI have become a global brand servicing over 15 countries world wide.

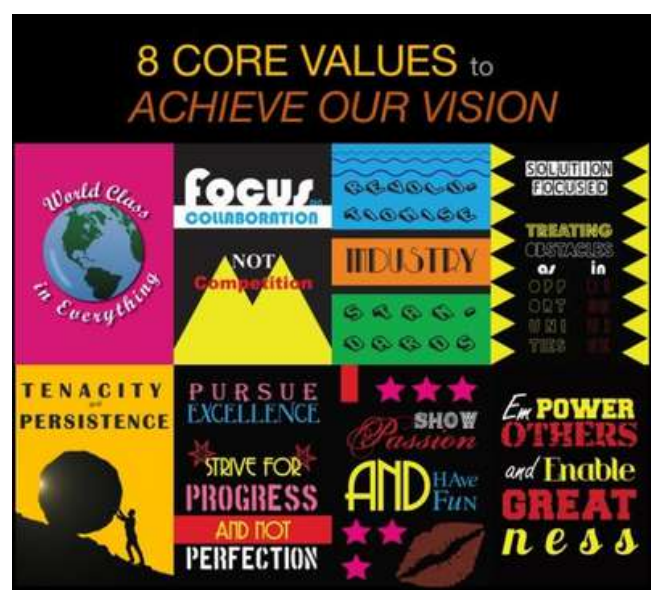
Known for innovating the fitness industry with the first accredited kettlebell and battling ropes courses, FTI have evolved their movement based concepts to formulate a system around functional training called the Adaptive Functional Training systems (Adaptive FTS).

FTI have worked with some of the best movement specialists globally, acquiring a cutting edge in movement education that fuses practically derived knowledge with an evidence based approach.

### OUR MISSION



### OUR VALUES



# WHY MRC VIRTUAL?

Welcome to the Movement Restoration Coach Virtual Program.

The MRC Fuses the best of the functional world with that of rehab and corrective protocols.

It is the coming together of 2 of the world leading companies Functional Training Institute and Rehab Trainer to provide a premium level of education around the concept of injury prevention.

## HOW DOES THE PROGRAM WORK?

The program is done via distance learning via 2 methods

1. **Education platform** – You will gain access to over 60 professionally shot instructional videos; manuals; client templates and bonus materials to provide you with a journey of education excellence.
2. **Livestreamed virtual workshops**. As the online world becomes more widely used, we have cultivated and integrated best online education practices to make your journey engaging and interactive via our 6 live streamed workshops covering:
  - Preparation systems
  - Recovery systems
  - Assessment systems
  - Corrective systems – Lower limb
  - Corrective systems – Upper limb
  - Corrective systems – Spine

Throughout the program you will accrue and gain 5 international certifications, culminating in the Movement restoration coach framed certificate and accredited logos.

Continue reading to explore more about what the program offers...

**Coach\_Tarek**

Creator of the Movement Restoration Coach Program

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Social Proof





# PREPARATION AND RECOVERY SYSTEMS

MOVEMENT RESTORATION COACH MODULE

# ABOUT THE PROGRAM

Preparation and Recovery systems is the foundation for all coaches wanting to integrate effective and scientifically backed warm-up and cool down protocols into exercise based sessions.

These protocols are specifically designed to provide a personalised and customised approach to the preparation and recovery phases for 1 on 1 training; small group training or team training.

This incredible program is designed to give coaches a comprehensive and structured plan in the design and delivery of preparation and recovery protocols for a variety of sessions such as functional training circuits, strength programs, outdoor or indoor group training.



# PART 1: FUNDAMENTALS OF MOVEMENT PREPARATION

## COURSE SUMMARY

Resistance-bands are a multipurpose tool that have a long history of use in the fitness industry. Due to their portability and low cost, resistance-bands are a convenient tool that can be used to improve a number of different health and fitness outcomes.

Resistance-bands can also be used to add resistance to a wide range of generalized movement patterns, making them an ideal tool to integrate into a functional training program. This course covers six different modules, which include resistance-band exercises from novice to advanced level. Exercise progression, regressions and safety considerations are covered in detail where appropriate.



# COURSE OBJECTIVES

## UNDERSTAND

how to apply the RAMP protocol for effective prep work

## INSTRUCT

Learn and apply key prep movements

## LIST

a system of the most current preparation protocols for a broad range of clients

## EVALUATE

The importance of movement preparation for all levels of clients

## DESIGN

effective RAMP programs for all levels of clients

## WHAT DO YOU GET?

- 1 Access to our world class education platform for 12 months
- 2 Livestreamed Virtual Workshop
- 3 Access to the FTI VIP group
- 4 Certificate of accreditation



# WHY TAKE THIS COURSE?

Resistance bands have been a popular tool among fitness trainers for a long time. However, the vast amount of resistance band exercises that can be found on the various social media channels can make the decision on which exercise to choose, daunting.

The fundamentals of movement preparation takes the guess work out of choosing the most appropriate resistance-band exercise for your client. Teaching a large amount of exercise in isolation is not the most effective way to use any tool.

This course will break down key resistance band exercise selections into five different modules, specifically targeting whole body movement preparation, mobility, activation, potentiation and general strength.



Using scientifically proven movement preparation strategies this course will teach you how to effectively use the resistance band to develop and advanced warm up program as preparation for the upcoming training session, but also as a tool for motor skill development that can cultivate the skills and movement capacities need to accelerate movement capacity.

Finally, this course will teach participants how to best utilize the resistance band to assist and resist strength development in clients ranging from novice to advanced levels.

# LEARNING OBJECTIVES

## MOVEMENT PREPARATION VIRTUAL WORKSHOP

- MRC students will be able to demonstrate a knowledge of the scientific principles of elastic resistance training for muscular fitness.
- MRC students will be able to describe the safety precautions for resistance-banded exercises.
- MRC students will be able to demonstrate a knowledge of the R.A.M.P protocol and its application to movement preparation programs.
- MRC students will be versed in explaining the coaching requirements of the following “raise component”, exercises: resistance-banded run throughs and their variations and resistance-banded bear crawls and their variations.



- MRC students will be versed in explaining the coaching requirements of the following “activation component”, exercises for the lower limbs: clams, hip bridges, prone hip extensions, crab-walks, hip activation flows.
- MRC students will be versed in explaining the coaching requirements of the following “activation component”, exercises for the upper limbs: shoulder taps, push-up walks, scapula activation flows.
- MRC students will be versed in explaining the coaching requirements of the following “mobilize component”, exercises for the lower limbs: banded-ankle banded-hip flexor, banded-hip adductor and banded-hip mobilisation flows.

# LEARNING OBJECTIVES

## MOVEMENT PREPARATION VIRTUAL WORKSHOP

- MRC students will be versed in explaining the coaching requirements of the following “mobilize component”, exercises for the upper back and upper limbs: banded-thoracic rotations, banded-thoracic extensions, banded-shoulder flexors and extensors, banded-wrist extensors.
- MRC students will be versed in explaining the coaching requirements of the following “potentiation component” exercises: banded-squat jumps, banded-broad jumps, banded-thrusters, banded-jump and press, banded-squat and rows, banded-pull throughs.
- MRC students will be able to demonstrate an understanding of the principles of banded-resisted and assisted training.



- MRC students will be versed in explaining the coaching requirements of the following “assisted” resistance-band exercises: assisted-push-ups, assisted pull-ups, assisted-dips, assisted single-leg squats, assisted squats.
- MRC students will be versed in explaining the coaching requirements of the following “resisted” resistance-band exercises: push-ups, squats, deadlifts, single-leg deadlifts, good-mornings, parlov-press, wood-chops.
- MRC students will be able to plan and deliver a movement preparation program utilizing the R.A.M.P protocol to meet the requirements of a low to moderate risk client.

# PART 2: FUNDAMENTALS OF RECOVERY TRAINING

## COURSE SUMMARY

A structured recovery program must be part of every training program, to allow the body time to adapt to the stress of exercise. Increasingly, Fitness training enthusiasts are embracing the same recovery strategies used by an elite athlete. However, many fitness professionals remain uncertain about the effectiveness of these recovery strategies and how to implement a recovery program with their clients.



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# COURSE OBJECTIVES

## UNDERSTAND

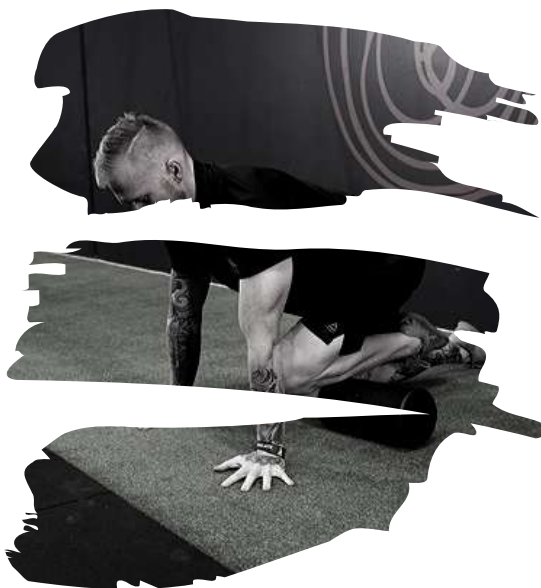
The importance of recovery in an exercise program

## LIST

A range of recovery strategies available to clients in the fitness industry

## EVALUATE

The role of recovery strategies in a fitness training context



## DESIGN

Deliver and evaluate a recovery program

## INSTRUCT

Supervise and monitor a range of recovery activities

# WHY TAKE THIS COURSE?

Recovery is an integral part of the training cycle, as a fitness professional, it is your responsibility to educate your client on the need for recovery, particularly as they progress to more intensive training



In this course, on coaching recovery, you will learn the purpose of recovery and be introduced to a wide range of proven recovery training strategies, that will can be delivered in a one on one or group setting.



Be at the forefront of high-performance fitness training by becoming a recovery coach who can specialise in fatigue management and performance optimisation.

## WHAT DO YOU GET?

**1** Access to our world class education platform

**2** Live streamed workshop

**3** Access to the FTI VIP group

**4** Certificate of accreditation

*"You cannot train for fitness while recovering from fatigue."*

# RECOVERY TRAINING VIRTUAL LEARNING OBJECTIVES

- MRC students will be able to explain the role of passive and active recovery in aiding performance and recovery from exercise.
- MRC students will be able to explain the safety precautions and contraindications for static stretching, PNF-stretching, partner-based stretching and self-myofascial release exercises using the foam roller.
- MRC students will be versed in explaining the coaching requirements of the following “stretching flow routines”: Kneeling Flow Sequence, prone-lying flow Sequence, supine-lying flow sequence, standing-lateral flow sequence.



- MRC students will be versed in explaining the coaching requirements of the following “resistance-band assisted static stretches” for the lower body: supine-lying hamstring and calve, supine-lying adductors, supine-lying abductors/ITB, prone-lying quadriceps.
- MRC students will be versed in explaining the coaching requirements of the following “resistance-band assisted static stretches” for the upper body: standing chest , seated-thoracic rotation, overhead latissimus Dorsi, standing wrist-extension.
- MRC students will be versed in explaining the coaching requirements of the following “hold-relax, contract-relax and C.R.A.C PNF stretches utilising the resistance-band” for the lower body: supine-lying hamstring and calve, supine-lying adductors (banded), supine-lying abductors/ITB, prone-lying quadriceps.

# RECOVERY TRAINING VIRTUAL LEARNING OBJECTIVES

- MRC students will be versed in explaining the coaching requirements of the following “hold-relax, contract-relax and C.R.A.C PNF stretches utilising the resistance-band” for the upper body: standing chest , seated-thoracic rotation, overhead latissimus Dorsi, standing wrist-extension
- MRC students will be versed in explaining the coaching requirements of the following “self-myofascial release” exercises for the lower limb: seated calve, side-lying peroneal’s, side-lying ITB, seated glute, prone tibialis anterior, prone adductors, prone quadriceps.



- MRC students will be versed in explaining the coaching requirements of the following “self-myofascial release” exercises for the upper limbs: supine thoracic extensors, side-lying lats.
- MRC students will be versed in explaining the coaching requirements of the following “breathing and relaxation exercises”: three-dimensional diaphragmatic breathing, progressive muscle relaxation and supine-leg drainage.
- MRC students will be able to plan and deliver a recovery program to meet the requirements of a low to moderate risk client.





# ASSESSMENT AND CORRECTIVE SYSTEMS

MOVEMENT RESTORATION COACH MODULES 2 & 3

# PART 1: ASSESSMENT SYSTEMS

MRC Module 2 combines 2 significant skill-sets: those of proper assessment and injury prevention coupled with corrective movement strategies to significantly bolster your understanding and application of injury prevention management.



The program is a combination of a live streamed virtual workshop with the online education platform. This makes the program more dynamic and engaging, providing an interactive experience and reinforced learning protocols.



# ABOUT THE PROGRAM

## SUMMARY

Minimize and Fix Injuries with Functional Fitness Tools, using a cutting edge assessment protocol.

Functional movement practitioners pride themselves as teaching the safest forms of exercise. Yet, research shows countless clients get injured from it – mindlessly doing high intensity and highly skilled lifts, carelessly heaving Kettle bells around and showing terrible form on suspension training!



Of course preventing injuries is all about **HOW** you teach it – but ....

## DID YOU KNOW....

- that Physiotherapists are starting to use Suspension Training and Power Bags for their incredible value in fixing chronic and niggling injuries?
- how to modify and use activation drills within your Kettlebell regime to ensure those shoulders aren't developing impingement under your very nose?
- the 7 Movement Sins (faults) that lead to injury?

We are now pushing the value of Functional Movement training to its very limits... Not only will you deliver safer programmes that cause fewer injuries for your clients, you can even start solving their chronic and niggling injury problems during functional fitness training!






# WHY TAKE THIS COURSE?

You will get a new understanding of:

- 1 Human Movement and Anatomy
- 2 How to assess for Movement Dysfunctions
- 3 Myo-Fascial Release Techniques
- 4 Stretching Techniques
- 5 Activation Drills
- 6 How to reteach better movement patterns



As well as all this knowledge you need a systemized approach to it all.

We will show you how to effectively order all the techniques so you can instantly implement this into your clients programming to maximize their results.

# PART 2: CORRECTIVE SYSTEMS

## ABOUT THE PROGRAM

In this section of the program students will learn the world class Rehab Trainer protocols around addressing imbalances and asymmetries in the musculo-skeletal system. This program comes with online modules including the 'Rehab Express online' course.



Learn how the world-class REHAB method can help you effectively correct the 5 main muscle imbalances that most clients suffer from, and that underpin so many chronic niggling biomechanical problems.

*"Kickstart your injury management skills"*

# WHAT YOU WILL LEARN

## DISCOVER

enough about HOW injuries are created to prevent many happening – understand the negative powers of “Holding Patterns”, asymmetry and muscle imbalance

## UNDERSTAND

the 5 Main Muscle Imbalances that afflict the shoulder, knee/hip and low back, setting clients up for injury, or turning them into chronic issues.

## USE

the simple “Rehab Wand” (short dowel) to retrain faulty movements and teach activation drills for inhibited muscles for each of the 5 main muscle imbalances.

## LEARN

three quick Screening tests that may indicate an injury is “High Risk” and needs referral to a physiotherapist as a high priority.

## RECEIVE

and be taught techniques with the Posture Pro tool for “Turning Down” dominant areas of fascial tightness, muscular trigger points, and mobility barriers.

## BLEND

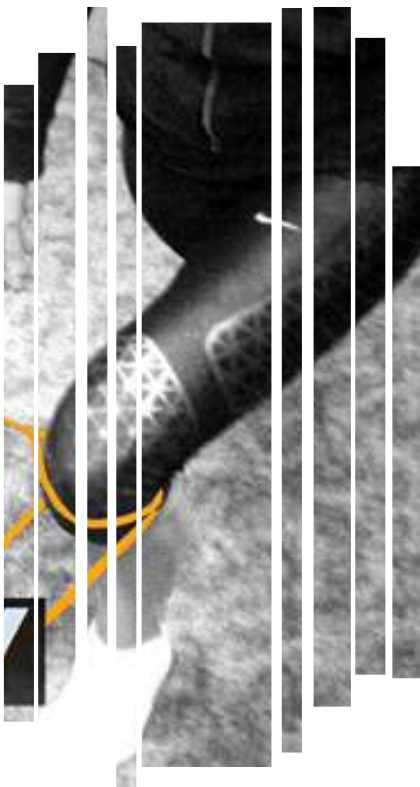
new movements into functional patterns, lifestyle, and set homework for your clients to keep them improving in their own time.

# WHAT YOU WILL GET

- 1 Access to our world class education platform for 12 months
- 2 3 live streamed virtual workshops covering ‘upper limb; lower limb and the spine’
- 3 Access to the FTI VIP group
- 4 3 Certificates of accreditation

# VIRTUAL LEARNING OBJECTIVES: ASSESSMENT SYSTEMS

- MRC students will be able to demonstrate an understanding of the three components of IPK (Talk, See, Do)
- MRC students will be able to demonstrate an understanding of the 7 Bad Movement Habits and 7 Screen-Trains.
- MRC Students will be able to demonstrate a knowledge of the R+E+H+A+B concept relating to movement dysfunction.
- MRC students will recognize that “R” and “B” are taught in Module III.



- MRC students will be able to apply a knowledge of anatomy and biomechanics to each of the five Muscle Imbalances.
- MRC students will be able to apply a knowledge of the Posture Pro and Rehab Dowel to complete myofascial release techniques for each of the five dominant muscles.
- MRC Students will be able to demonstrate an understanding of Thera-tubing for creating an Activation Drill for each of the five inhibited muscles.



# VIRTUAL LEARNING OBJECTIVES: CORRECTIVE SYSTEMS LOWER LIMB

- MRC students will be able to apply a knowledge of the Rehab Record and Assessment Cards as their critical Risk minimization tools for problems encountered in the Upper Limb (LL).
- MRC students will be able to apply a knowledge of the Risk Assessment for LL.
- MRC students will be able to apply their understanding of Muscle Imbalances (“MI’s”) work and the overall theory of how to correct them.
- MRC students will be able to demonstrate an understanding of the five simple functional movements and apply this understanding in a LL MI assessment.



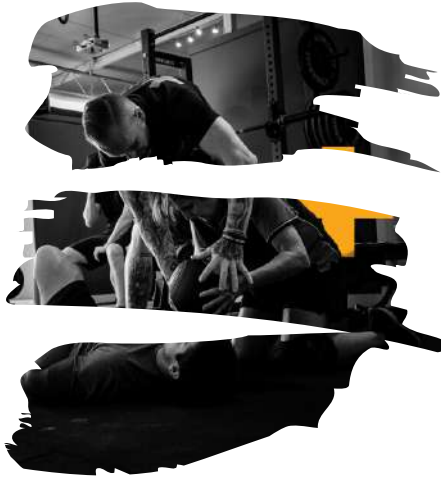
- MRC students will be able to demonstrate an understanding of Three New MI’s for the LL which includes The functional anatomy of each, and how to observe each with the five Functional Movements, consisting of:
  1. Hamstring DOM Gluteus Maximus and Quadriceps
  2. Gastrocnemius DOM Soleus
  3. Peroneus Longus DOM Tibialis Posterior
    - Tensor Fascia Lata DOM Gluteus Medius (R/v from Express)
    - Vastus Lateralis DOM Vastus Medialis (R/v from Express)



- MRC students will be able to apply a knowledge of Posture Pro techniques to loosen above LL dominant muscle. MRC students will also be able to apply, a knowledge of a “Selfie” for each, and an effective stretch for each MI.
- MRC students will be able to apply a knowledge of Activation Drills for inhibited musculature of the LL MI’s.
- MRC students will be able to apply a knowledge of all LL MI corrections into functional training movements, and lifestyles for each of the LL MI’s (including those from Rehab Express in earlier Module II).



# VIRTUAL LEARNING OBJECTIVES: CORRECTIVE SYSTEMS UPPER LIMB



- MRC students will be able to apply a knowledge of the Rehab Record and Assessment Cards as their critical Risk minimization tools for problems encountered in the Upper Limb (UL).
  - MRC students will be able to apply a knowledge of a Risk Assessment for UL – four Q's and four T's are explained.
  - MRC students will be able to demonstrate an understanding of five simple functional movements to apply in their UL MI assessment.
- MRC students will be able to demonstrate an understanding of three (3) New MI's are introduced for UL and apply an understanding of functional anatomy of each, and how to observe each with the five Functional Movements, consisting of:
    1. Downward Rotators Scapula DOM Upwards Rotators (focus Pec Min DOM Serratus Anterior)
    2. Upper Traps DOM Lower Traps
    3. Pronator Teres DOM Supinator
      - Pec Min DOM Lower Traps (R/v from Express)
      - Posterior Cuff DOM Subscapularis (R/v from Express)
- MRC students will be able to demonstrate an understanding of Posture Pro techniques to loosen above UL dominant muscles.
  - MRC students will also be able to apply a "Selfie" for each, and an effective stretch for each MI.
  - MRC students will be able to apply a knowledge of Activation Drills for inhibited musculature of the UL MI's.
  - MRC students will be able to apply a knowledge of UL MI corrections into functional training movements and lifestyles for each of the UL MI's (including those from Rehab Express in earlier Module II).



# LEARNING OBJECTIVES: CORRECTIVE SYSTEMS SPINE

- MRC students will be able to apply a knowledge of the Rehab Record and Assessment Cards as their critical Risk minimization tools for problems encountered in the Spine (SP).
- MRC students will be able to apply a knowledge of a Risk Assessment for SP – four Q's and four T's are explained.
- MRC students will be able to demonstrate an understanding of five simple functional movements to use in their SP MI assessment.
- MRC students will be able to demonstrate an understanding of three (3) New MI's are introduced for SP and apply an understanding of functional anatomy of each, and how to observe each with the five Functional Movements, consisting of:
  1. Thoracic Flexors DOM Thoracic Extensors (or visa versa)
  2. Outer Trunk (Superficial Abdominals, Quadratus Lumborum and Psoas) DOM Inner Core (Pelvis Floor, TrAbd)
  3. Neck / Upper Respiratory muscles DOM Diaphragm
    - Posterior Chain DOM Multifidus (R/v from Rehab Express)



- MRC students will be able to apply a knowledge of Posture Pro techniques to loosen above LL dominant muscles, how to perform a “Selfie” for each, and an effective stretch for each. MRC students will also demonstrate an awareness that some Posture Pro techniques cannot be performed for all above dominant areas.
- MRC students will be able to apply a knowledge of Activation Drills for inhibited musculature of the SP MI's.

MRC students will be able to apply a knowledge of SP MI corrections into functional training movements and lifestyles for each of the SP MI's (including those from Rehab Express in earlier Module II).

# WHAT OUR CLIENTS SAY



**SIMON WARWICK**  
**STEP ONE PERSONAL TRAINING**

Completing the MRC program has also allowed me to offer them a service which is not generally within the realm of your standard Cert IV trainer. I also find that I have developed better relationships with both the clients, and the allied health professionals, as they can both see that I have my clients best interests at heart. I would strongly recommend the Movement Restoration Coach program, to any trainer who wants to upskill in the rehab area, and set themselves apart in today's competitive fitness industry.

The MRC course has increased client growth by teaching the correct movement of the body as a whole. The way in which we move daily has a massive impact on our body. The support online and face to face along with group chats and discussion is truly supportive and extremely professional. Thanks for providing such great courses FTI, the knowledge and worth is in your training which has kept my business growing to be the professional trainer I have become.



**TASH PEAKE**



**WHITNEY MUSCAT**

The Movement Restoration Coach program is one of the best things I could of done to better as a coach. I've gained so much knowledge and i'm very excited to apply this course to my own self growth as well as my clients. I have a clearer understanding of how the body moves and how it heals. Thank you FTI and Rehab Trainer for this fantastic program. I highly recommend this program to all personal trainers in the industry!



## **CONTACT US:**

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