

CTT Level I Certification Agenda

8a.m. (15 minutes)

Registration

8:15-9:30a.m.

Introductions & Theory

9:30-9:45a.m.

Break

9:45-11:30a.m.

Big 5 Movements and Progressions & Regressions

11:30-11:45a.m.

Short Bodyweight Workout

11:45-12:45p.m.

Lunch

12:45-2:15p.m.

Cueing & Common Mistakes

2:15-3:15p.m.

Client Scenario Modeling

3:15-4:15pm

Program Design

4:15-4:45p.m.

Dumbbell Workout using Supersets and Program Design Applications

4:45-5p.m.

Break & Feedback Evaluations

5-6:00p.m.

Test