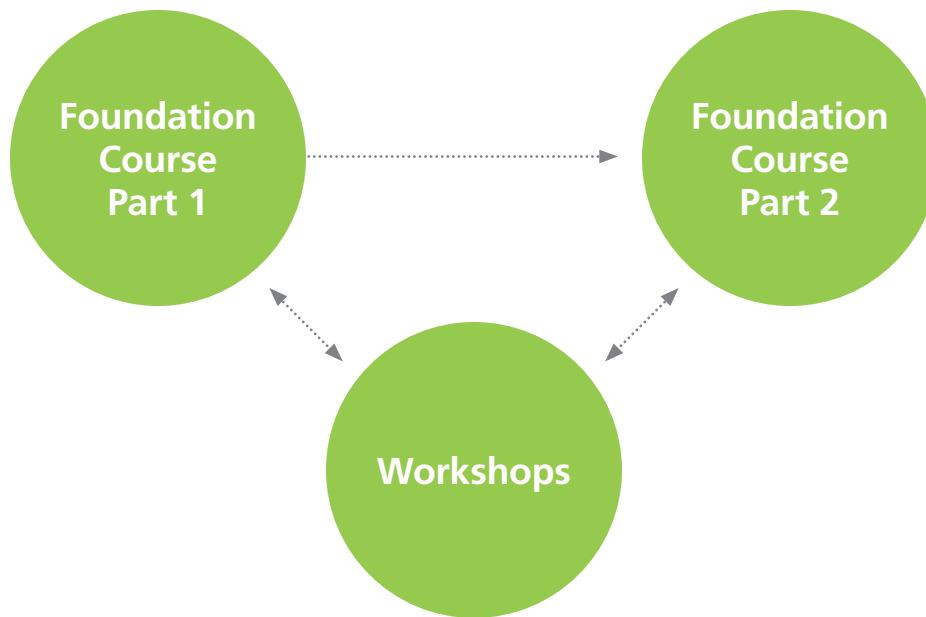


# Halo<sup>®</sup> Training

## Career Paths



### Instructor Foundation Course Part 1

This course provides groundwork education for instructors, facilitating safe, effective and varied core-integrated body weight training programs, using the unique design of the Halo<sup>®</sup> Trainer Plus, Stability Ball<sup>™</sup> and a Resistance Loop<sup>™</sup> Band.

### Instructor Foundation Course Part 2

This course builds on the concepts learned in Part 1 of the program, allowing instructors to create a variety of interval-based workouts for Level 2 and 3 clients who have been working out regularly with the Halo<sup>®</sup> Trainer Plus and are now ready for an increased challenge.

Upon receipt of your certificate after completing either Halo Training Foundation Course you are entitled to identify yourself as a Halo<sup>®</sup> Qualified Instructor.

### Workshops

Halo Training continuing education workshops offer a versatile training program that promotes functional strength and stability for your clients. Including; Applications to Global Stability, Building Intensive Interval Programs, Intro to Integrated Bodyweight Training and Intro to Interval Training, For a Level 1 Client.