

Erik Reynolds Fitness

Education For Fitness Professionals

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Bio

Erik Reynolds, B.A. has been in the fitness industry for over 20 years with experience as an instructor, trainer, multi-unit manager, educator, and a studio owner. He is dedicated to providing high quality training and delivering continuing education to fitness professionals.

Erik is a PMA® certified Pilates Instructor with comprehensive training from Balanced Body University and Body & Core. He is a Regional Master Trainer with BOSU® delivering workshops around the U.S. He is currently certified with PMA, Balanced Body University, Body and Core Pilates, ACE, AFAA, AFAA Step, and Turbokick.

Workshops Details

All BOSU® workshops are approved for ACE and AFAA continuing education credits.

Book An Event

Please contact me for event pricing, host site requirements or any questions you may have. 60 days notice is suggested to plan an event at your facility.

2015 BOSU® Workshop Offerings

BOSU® Complete Workout System Certification (8-hour Specialty Certification)

The BOSU® Complete Workout System will provide you with the formula to make the BOSU® Balance Trainer more effective in your club, your classes and with your clients. This specialty certification will take you through the BOSU® system, step by step, and provide you with 5 full workouts that that you can start using right away. You will leave this certification with knowledge of the science behind functional balance training, teaching skills to accommodate all levels of fitness, and new tools and ideas for designing endless BOSU® workouts that are effective and fun!

Participants will receive the BOSU® Complete Workout System Kit which includes 5 DVD's, 192 page manual, and 9 laminated workout charts. 0.8 ACE, 7.5 AFAA

Equipment needs: BOSU® Balance Trainer 1:1; BOSU® Soft Fitness Ball 1:1; Body Bar (optional)

Circuit Sensations By BOSU® (2 Hour Workshop)

Are you ready to learn and teach a workout that is athletic, intense and more fun than a three-ring circus? Using the motivational power of teamwork and competition in combination with the balance challenges presented by the BOSU® Balance Trainer and several new BOSU functional training products, you will discover how to change ordinary circuit workouts into extraordinary workout experiences! With this new, easy-to-follow system, you'll be ready to teach a sensational circuit workout on Monday morning! 0.2 ACE, 2 AFAA

Equipment Needs: BOSU® Balance Trainer 1:1; BOSU® Soft Fitness Ball 1:1

BOSU® Complete Introduction (2 Hour Workshop)

The BOSU® Complete Workout System will provide you with the formula to make the BOSU Balance Trainer more effective in your club, your classes and with your clients. This course will take you through the BOSU system, step by step, and provide you with workouts that you can start using right away. You will leave this course with knowledge of the science behind functional balance training, teaching skills to accommodate all levels of fitness, and new tools and ideas for designing endless BOSU workouts that are effective and fun! 0.2 ACE, 2 AFAA

Equipment Needs: BOSU® Balance Trainer 1:1; BOSU® Soft Fitness Ball 1:1



Complete Core by BOSU® (2 Hour Workshop)

Revitalize your library of core workouts and help your group fitness or personal training clients make the most of the time they spend performing these exercises. Using the BOSU® Balance Trainer and this easy to follow system, you can create comprehensive core workouts, or mini-workouts that will integrate time-efficient and effective ab and back training into existing programs. Complete Core will give you the tools necessary to deliver unique and challenging programming for all levels of fitness. 0.2 ACE, 2 AFAA

Equipment Needs: BOSU® Balance Trainer 1:1; BOSU® Soft Fitness Ball 1:1

BOSU® Lower Body Solutions (2 Hour Workshop)

Change how you think about lower body workouts as you integrate dynamic stability with muscular strength and endurance. Take the guesswork out of your programming by using the BOSU® Balance Trainer and an innovative, easy to follow method to deliver lower body workouts that are exciting, effective and efficient. Learn a complete workout that can be taught as a 30-minute lower body class, and lower body segments that can be incorporated into other class formats. Rejuvenate your group fitness classes and personal training programs with new exercises and fresh technique tips! 0.2 ACE, 2 AFAA

Equipment Needs: BOSU® Balance Trainer 1:1; BOSU® Soft Fitness Ball 1:1

