



## NASM PREFERRED PROVIDER PROGRAM

Provider	Title	Course Type	CEUs	Expires On	Registration URL
630 Productions	Form and Function Intensive	Home Study	0.6	12/31/2017	www.fitnessexpo2016.com
Aaron L. Mattes	Active Isolated Stretching	Workshop/Seminar	1.9	12/31/2017	www.stretchingusa.com
Academy of Holistic Fitness	Enlighten Your Body	Home Study	1.9	12/31/2017	http://academyofholisticfitness.com/yoga-fitness-certification-courses/enlighten+your+body+
Academy of Holistic Fitness	Holistic Fitness	Home Study	1.9	12/31/2017	www.academyofholisticfitness.com
Academy of Holistic Fitness	Mind-Body Fitness for Personal Trainers	Home Study	1.9	12/31/2017	www.academyofholisticfitness.com
Academy of Holistic Fitness	Practical Yoga for Personal Trainers	Home Study	1.9	12/31/2017	www.academyofholisticfitness.com
Academy of Holistic Fitness	Pro-active Postural Restructuring	Home Study	1.9	12/31/2017	www.academyofholisticfitness.com
Academy of Holistic Fitness	Yoga for Wellness Coaching	Home Study	1.4	12/31/2017	www.academyofholisticfitness.com
Academy of Holistic Fitness	YOGA TEACHER TRAINING COURSE	Home Study	1.9	12/31/2017	www.academyofholisticfitness.com
Academy of Sports and Fitness Training	Fitness Business Start-Up 101	Workshop/Seminar	0.6	12/31/2017	www.newenglandfitnessnetwork.com
ACM 360 PRO	Certified Exercise Therapy Specialist I	Home Study	1.2	12/31/2018	www.ACM360PRO.com
ACM 360 PRO	Certified Exercise Therapy Specialist I	Home Study	1.2	12/31/2018	www.ACM360PRO.com
Active Movement & Performance	Applied Anatomy for the Personal Trainer, Bridging the gap between certification and application	Workshop/Seminar	0.8	12/31/2017	activemovementandperformance.com
ActivMotion Bar	ActivMotion Training	Workshop/Seminar	0.8	12/31/2017	www.activmotionbar.com
Adapt Training	ADAPT Corrective Exercise Assessment	Workshop/Seminar	0.7	12/31/2017	www.adapttraining.com
AEA - Aquatic Exercise Association	AEA Arthritis: Lesson Planning Tips & Tools	Workshop/Seminar	0.2	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AEA Arthritis: Motivating Your Participants	Workshop/Seminar	0.2	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AEA Arthritis: Teaching Platforms	Workshop/Seminar	0.2	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AFP PRACTICAL & SKILL APPLICATIONS COURSE	Home Study	0.7	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AFP PRACTICAL & SKILL APPLICATIONS Workshop	Workshop/Seminar	0.7	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AQUABATA SHALLOW	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AQUATIC CARDIO PROGRAMS	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AQUATIC CIRCUIT APPS 2	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AQUATIC INTERVAL APPS	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AQUATIC KICK BOXING	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	AQUATIC RESISTANCE FORMATS	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	ARTHRITIS FOUNDATION PROGRAM LEADER TRAINING	Workshop/Seminar	1.5	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	ARTHRITIS PROGRAM LEADER DEVELOPMENT & PRACTICE	Workshop/Seminar	0.6	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	BOOT CAMP SHALLOW	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	Core Creations II	Workshop/Seminar	0.2	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	CORE TRAINING + STRETCH TECHNIQUES	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	DEEPER APPLICATIONS 2	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	H2O BODY SCULPTING & RESISTANCE TRAINING	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	NEXT LEVEL NOODLE	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
AEA - Aquatic Exercise Association	What's New in Arthritis?	Workshop/Seminar	0.3	12/31/2017	http://www.aeawave.com/
Aerialates Incorporated (previously LLC)	Cirque-It Fitness: The Fundamentals	Workshop/Seminar	0.8	12/31/2017	http://www.aerialates.com
Aerius Fitness Training	Aerius Fitness Beginners Spinning Pole Instructor Course	Workshop/Seminar	1.5	12/31/2017	www.AeriusFitnessTraining.com
AfroFunk DanceFit with Tanita Fadzeyla Harris-Ligons	AfroFunk DanceFit * Instructor Training	Workshop/Seminar	8.0	12/31/2017	www.movedancelive.com
AfroFunk DanceFit with Tanita Fadzeyla Harris-Ligons	MOVE. DANCE. LIVE! Method Mastering your Career and Teaching Skills	Workshop/Seminar	4.0	12/31/2017	www.movedancelive.com
Agatsu Inc.	Agatsu Indian Club & Mace Training Certification Course Level 1	Workshop/Seminar	1.6	12/31/2017	www.agatsu.com
Agatsu Inc.	Agatsu Kettlebell Instructors Certification Course Level 1	Workshop/Seminar	1.6	12/31/2017	www.agatsu.com
Agatsu Inc.	Agatsu Lower Body Mobility & Movement Certification Level 1	Workshop/Seminar	1.6	12/31/2017	www.agatsu.com
Agatsu Inc.	Agatsu Upper Body Mobility & Movement Certification Level 1	Workshop/Seminar	1.6	12/31/2017	www.agatsu.com
Aimee Nicotera	Indoor Cycling 101	Workshop/Seminar	0.5	12/31/2017	http://www.aimeenicotera.com
AKT In Motion	AKT HAPPY HOUR CERTIFICATION	Workshop/Seminar	1.9	12/31/2017	www.aktinmotion.com
Alexis Batrakoulis	Exercise for overweight and obesity: Bridging theory into practice	Workshop/Seminar	0.9	12/31/2017	www.fitproworkshops.com
AlReal Yoga	50 Hour AlReal Yoga Certificate	Workshop/Seminar	1.9	12/31/2017	
American Academy of Health and Fitness (AAHF)	Back Stability: Integrating Science and Therapy	Workshop/Seminar	1.9	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	Cancer and the Older Adult	Home Study	0.4	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	Developing Agility and Quickness for Sports Performance	Home Study	0.6	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	Exercise and Cancer Survivorship	Home Study	1.3	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	Exercise Management of Chronic Diseases and Disabilities for All Ages	Home Study	1.9	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	Fitness Assessment and Exercise Prescription for all Ages	Home Study	1.9	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	JrFit	Home Study	1.9	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	Nutrition for Special Dietary Needs	Home Study	1.0	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	Prenatal and Postnatal Exercise Prescription	Workshop/Seminar	1.0	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	SrFit	Home Study	1.9	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	Strength Training Older Adults	Home Study	1.2	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	The Fitness Professional's Guide to Coaching Lifestyle Wellness	Home Study	1.9	12/31/2017	www.aa hf.info
American Academy of Health and Fitness (AAHF)	The Janda System of Evaluation and Treatment of Muscle Imbalance	Home Study	1.9	12/31/2017	www.aa hf.info
American Academy of Sports Dietitians and Nutritionists	Nutrition Specialist Certification Course	Workshop/Seminar	1.8	12/31/2017	http://www.aasdn.org
American Barre Technique, LLC	Barre Instructor Certification	Workshop/Seminar	1.6	12/31/2017	www.abtbarre.com
American College of Healthcare Sciences	NUT 304 Sports Nutrition	Home Study	1.9	12/31/2017	https://www.achs.edu/node/1671?no_redirect=true
American Council on Exercise (ACE)	ACE Applying Behavior-Change Techniques Workshop	Workshop/Seminar	0.5	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	ACE Behavior Change Specialty Program	Home Study	1.9	12/31/2017	http://www.acefitness.org/fitness-certifications/specialty-certifications/behavior-change.aspx
American Council on Exercise (ACE)	ACE Fitness Nutrition Specialty Program	Home Study	1.9	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	ACE Functional Training Specialty Program	Home Study	1.9	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	ACE Mind Body Specialty Program	Home Study	1.9	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	ACE Orthopedic Specialty Program	Home Study	1.9	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	ACE Senior Fitness Specialty Program	Home Study	1.9	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	ACE Sports Conditioning Specialty Program	Home Study	1.9	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	ACE Therapeutic Exercise Specialty Program	Home Study	1.9	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	ACE Weight Management Specialty Program	Home Study	1.9	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	ACE Youth Fitness Specialty Program	Home Study	1.9	12/31/2017	www.acefitness.org

American Council on Exercise (ACE)	Client Communication, Assessment and Program Design	Workshop/Seminar	0.8	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	Fitness Programming for Overweight Clients & Clients Affected by Obesity	Workshop/Seminar	0.8	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	Metabolic Training Workshop	Workshop/Seminar	0.8	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	Movement Based Exercise Workshop	Workshop/Seminar	0.8	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	Personal Training Workshop: Client Communication, Assessment and Program Design	Workshop/Seminar	0.8	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	Small Group Training Workshop (2017)	Workshop/Seminar	0.5	12/31/2017	www.acefitness.org
American Council on Exercise (ACE)	Sports Conditioning Workshop	Workshop/Seminar	0.8	12/31/2017	www.acefitness.org
American Speciality Health (ASH)/Silver & Fit	Silver&Fit Signature Series Classes® Distance Learning Instructor Training Course	Home Study	1.3	12/31/2018	www.SilverandFit.com
American Speciality Health (ASH)/Silver & Fit	Silver&Fit Signature Series Classes® Distance Learning Instructor Training Course	Home Study	1.3	12/31/2018	www.SilverandFit.com
Anchor Point	Anchor Point Training Level One - Managing Anchored Resistance	Home Study	0.5	12/31/2017	www.functionalinginstitute.com
Annette Lang Education Systems	Integrated Stretching	Workshop/Seminar	0.8	12/31/2017	www.annettelang.com
Annette Lang Education Systems	The Fitness Professional as a Behavior Change Experience Designer	Workshop/Seminar	0.4	12/31/2017	www.annettelang.com
Annette Lang Education Systems	Training the Pregnant and Postpartum Client	Workshop/Seminar	0.8	12/31/2017	www.annettelang.com
AntiGravity® Fitness	AntiGravity® Aerial Yoga 1	Workshop/Seminar	1.6	12/31/2017	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Aerial Yoga 2	Workshop/Seminar	1.6	12/31/2017	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® AIRbarre 1	Workshop/Seminar	1.6	12/31/2017	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Fundamentals 1&2	Workshop/Seminar	1.9	12/31/2017	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Just Kids 1&2	Workshop/Seminar	1.9	12/31/2017	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Pilates 1	Workshop/Seminar	1.6	12/31/2017	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Restorative Yoga	Workshop/Seminar	1.6	12/31/2017	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Suspension Fitness 1	Workshop/Seminar	1.6	12/31/2017	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Suspension Fitness 2	Workshop/Seminar	1.6	12/31/2017	www.antigravityfitness.com
Anytime Fitness	Bodyweight Training	Workshop/Seminar	0.8	12/31/2018	
Anytime Fitness	Code Purple	Workshop/Seminar	0.8	12/31/2017	
Anytime Fitness	Mindshift	Workshop/Seminar	0.8	12/31/2017	
Anytime Fitness	Mobility Workshop	Workshop/Seminar	0.8	12/31/2017	
Anytime Fitness	Selling Personal Training	Workshop/Seminar	0.8	12/31/2018	
Anytime Fitness	Bodyweight Training	Workshop/Seminar	0.8	12/31/2018	
Anytime Fitness	Selling Personal Training	Workshop/Seminar	0.8	12/31/2018	
Anytime Fitness Corporate Office	AFLIVE Implementation	Workshop/Seminar	0.7	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	Anytime Fitness Consumer Week Training	Workshop/Seminar	1.9	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	Anytime Fitness Live Programming, powered by Alloy	Workshop/Seminar	0.7	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	Anytime Fitness Trainer Basics	Home Study	0.3	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	HIIT-X	Home Study	0.1	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	KISS29	Home Study	0.1	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	MY29	Home Study	0.1	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	New Franchisee Training (NFT)	Workshop/Seminar	1.9	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	PLEASE with the FC	Workshop/Seminar	0.2	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	ROI29	Home Study	0.1	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	TLC29	Home Study	0.1	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	Vitals2017	Workshop/Seminar	1.5	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	Vitals2017	Workshop/Seminar	15.0	12/31/2017	www.anytimefitness.com
Anytime Fitness Corporate Office	Warrior29	Home Study	0.1	12/31/2017	www.anytimefitness.com
Applied Yoga Integration	Applied Yoga Integration	Workshop/Seminar	1.5	12/31/2017	www.appliedyogaintegration.com
AquaBodyStrong	AquaBodyStrong Level 1 Yoga Fusion	Workshop/Seminar	0.8	12/31/2018	https://www.aquastrong.com
AquaBodyStrong	AquaBodyStrong Level 1 Yoga Fusion	Workshop/Seminar	0.8	12/31/2018	https://www.aquastrong.com
AquaPhysical	FloatFit	Home Study	0.8	12/31/2018	www.aquaphysical.com
AquaPhysical	FloatFit	Home Study	0.8	12/31/2018	www.aquaphysical.com
AQUASTRENGTH	AquaStrength Group Fitness Instructor Course	Workshop/Seminar	0.8	12/31/2017	www.aquastrength.com
AQUASTRENGTH	AquaStrength Level 1 Training Course	Workshop/Seminar	0.8	12/31/2017	www.aquastrength.com
Aquatic Performance Training LLC	Aquakinetik Training	Workshop/Seminar	1.6	12/31/2017	www.goldenpt.net
Asana Charlestown	Asana Barre Teacher Training	Workshop/Seminar	1.9	12/31/2018	www.asanacharlestown.com
Asana Charlestown	Asana Barre Teacher Training	Workshop/Seminar	1.9	12/31/2018	www.asanacharlestown.com
Asosiasi Pelatih Kebugaran Indonesia (APKI)	Certified Fitness Trainer	Workshop/Seminar	1.9	12/31/2017	www.apki.or.id
Associação FITSalvador	HIRT® L-1: Scientific Basis and Practical Application	Workshop/Seminar	0.8	12/31/2017	www.HIRT.pt
Association of Fitness Studios	Building an Organizational Culture, Leadership Skills and Putting Together a Great Team	Home Study	0.3	12/31/2018	
Association of Fitness Studios	Business Planning, Accounting and Finance for Fitness Entrepreneurs	Home Study	0.2	12/31/2017	www.afsfitness.com
Association of Fitness Studios	Delivering the Client Experience	Home Study	0.3	12/31/2017	www.afsfitness.com
Association of Fitness Studios	Fostering a Safe & Ethical Business Environment	Home Study	0.2	12/31/2017	www.afsfitness.com
Association of Fitness Studios	Starting Your Own Business - What it Takes to Launch a Successful Studio/Gym	Home Study	0.4	12/31/2017	www.afsfitness.com
Association of Fitness Studios	The Essentials of Sales, Marketing and Branding	Home Study	0.4	12/31/2017	www.afsfitness.com
Association of Fitness Studios	Building an Organizational Culture, Leadership Skills and Putting Together a Great Team	Home Study	0.3	12/31/2018	
Athletes Acceleration	Coaches Guide to Jump Training	Home Study	0.2	12/31/2017	www.completejumptraining.com
Athletes Acceleration	Complete Core	Home Study	0.4	12/31/2018	www.completecoreaa.com
Athletes Acceleration	Complete Guide to Training the Female Athlete	Home Study	0.8	12/31/2017	
Athletes Acceleration	Complete Olympic Lifting	Workshop/Seminar	0.3	12/31/2017	www.completeolympiclifting.com
Athletes Acceleration	Complete Program Design	Home Study	0.5	12/31/2017	www.completeprogramdesign.com
Athletes Acceleration	Complete Speed & Power Summit 2017 (pre-Day not included)	Conference	1.2	12/31/2017	
Athletes Acceleration	Complete Speed Games	Workshop/Seminar	0.3	12/31/2017	www.completespeedgames.com
Athletes Acceleration	Complete Speed Training	Workshop/Seminar	0.4	12/31/2017	www.athletesacceleration.com
Athletes Acceleration	Complete Sports Conditioning with Mike Boyle	Home Study	0.5	12/31/2017	www.completeconditioning.com
Athletes Acceleration	Complete Sports Nutrition	Home Study	0.2	12/31/2017	www.athletesacceleration.com
Athletes Acceleration	Complete Core	Home Study	0.4	12/31/2018	www.completecoreaa.com
ATHLETIC PERFORMANCE EDUCATION COMPANY (APEC)	Hypertrophy For Sports Performance Workshop	Workshop/Seminar	0.7	12/31/2017	http://www.apecourses.com
ATHLETIC PERFORMANCE EDUCATION COMPANY (APEC)	Speed Workshop	Workshop/Seminar	0.7	12/31/2017	www.apecourses.com
ATHLETIC PERFORMANCE EDUCATION COMPANY (APEC)	Strength & Power Workshop	Workshop/Seminar	0.7	12/31/2017	www.apecourses.com
Athletics and Fitness Association of America AFAA	Aqua Fitness	Workshop/Seminar	0.5	12/31/2017	
Athletics and Fitness Association of America AFAA	Arthritis Foundation Walk With Ease™	Home Study	0.4	12/31/2017	http://www.afaa.com/courses/arthritis-foundation-walk-with-ease
Athletics and Fitness Association of America AFAA	Beyond Mat Science	Home Study	0.7	12/31/2017	http://www.afaa.com/courses/beyond-mat-science
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-A Lupus Overview*	Home Study	0.2	12/31/2017	
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Activities Tools for Balance*	Home Study	0.2	12/31/2017	

Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Adolescent Growth Plate Injuries*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-AFAA's Nutrition Policy Statement*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-ApoE Genotype Testing*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Assessment and Adherence*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Back on the Ball*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Barefoot Running*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Beyond Pink Ribbons and Walkathons*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Bringing Outdoor Cycling to the Great Indoors*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Complete Core Care*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Diabetes and Obesity*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Diabetes-Exercise, Diet & Medications*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Discover Your Fitness Personality*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Enduring With Fibromyalgia*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Exercise Evaluation and the New AFAA 5 Questions™*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Exercise Programming for Post-Rehabilitation Stroke Clients-Part 1*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Exercise Programming for Post-Rehabilitation Stroke Clients-Part 2*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Factors Determining Exercise Adherence*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Fibromyalgia*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Finding the Right Angle to Remedy Knee Pain	Home Study	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(Jan-Feb-14)">http://www.afaa.com/courses/afaa-ceu-corner-(Jan-Feb-14)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Fit Finances*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Hitting the Wall*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-How to Develop a Wellness Program*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-How to Fool Mother Nature*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-How's Your Posture?*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Hypertension and Exercise*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Hyponatremia: Water Intoxication*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Issues and AFAA Guidelines for the Coming Era (Part One)*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Issues and AFAA Guidelines for the Coming Era (Part Two)*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-It's All About the ZZz's*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Keeping Older Adults Fit and Functional*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Kick the Risk*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Lead and Inspire Your Fitness Staff*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Legal Liability and Risk Management for the Fitness Professional	Home Study	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(Jan-Feb-15)">http://www.afaa.com/courses/afaa-ceu-corner-(Jan-Feb-15)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Life After Knee Surgery*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Lifestyle Coaching*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Medicine and Fitness: Care of the Back*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Metabolic Syndrome*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Mobility and Exercise: What Is the Connection?*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-More to Know about HDL's*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-MyPyramid: A Personalized Approach to Healthy Eating*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Organic, Natural and Healthy*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Osteoporosis and Adolescent Females*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Overtraining Syndrome*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Package Deal*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Parkinson's Disease	Home Study	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(Jul-Aug-14)">http://www.afaa.com/courses/afaa-ceu-corner-(Jul-Aug-14)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Parkinson's Disease and Exercise #0032*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Patellofemoral Pain Syndrome	Home Study	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(Mar-Apr-14)">http://www.afaa.com/courses/afaa-ceu-corner-(Mar-Apr-14)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Pilates*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Pilates-Based Postural Assessment	Home Study	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(Sep-Oct-14)">http://www.afaa.com/courses/afaa-ceu-corner-(Sep-Oct-14)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Post-Cardiac and Pulmonary Rehabilitation Clients*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Post-Polio Syndrome: Can it be Managed?*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Practical Pilates Training with a Small Stability Ball*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Practical Tips for a Wet Workout*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Pumping Up Cardiac Rehab*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Real Solutions to a Frustrating Problem: Plantar Fasciitis*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Rhabdomyolysis	Home Study	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(Mar-Apr-15)">http://www.afaa.com/courses/afaa-ceu-corner-(Mar-Apr-15)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Row Your Way to a Fitter You*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Run Like a Pro*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Sometimes You Just Have to Unplug	Home Study	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(Sep-Oct-15)">http://www.afaa.com/courses/afaa-ceu-corner-(Sep-Oct-15)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Standard Strength Training*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Steer Clear of the Silent Thief*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Stop Burnout Before it Stops You*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Strength Training Guidelines for Children*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Strength Training Update*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Stretching Into the 21st Century: Part 1*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Stretching Into the 21st Century: Part 2*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Stretching to Prevent IT Band Syndrome*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Stretching*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Anterior Cruciate Ligament*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Business of Wellness*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Dangers of Eating Disorders*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Female Triad*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Growing Problems of Overweight American Youths*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Harmful Effects of Excessive Exercise	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(May-Jun-15)">http://www.afaa.com/courses/afaa-ceu-corner-(May-Jun-15)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Low Back Low Down: Pain Prevention*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Lungs*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The More We Learn, the Better We Work*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The New Frontier for Personal Trainers*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The New Heart Rate Training*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Pilates Method for a Balanced Body*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Postpartum Challenge*	Home Study	0.2	12/31/2017

Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Science of Supplementation*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Shoulder Complex*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-The Sports Surfaces Debate	Home Study	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(Nov-Dec-14)">http://www.afaa.com/courses/afaa-ceu-corner-(Nov-Dec-14)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Top Seven Injuries Below the Belt*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Train the Brain!	Home Study	0.2	12/31/2017 <a href="http://www.afaa.com/courses/afaa-ceu-corner-(Jul-Aug-15)">http://www.afaa.com/courses/afaa-ceu-corner-(Jul-Aug-15)</a>
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Understanding Gait Function*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Understanding the Mind-Body-Spirit Connection*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Understanding Type 2 Diabetes Mellitus*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Upper Respiratory Viral Infections in the Athlete*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Vitamin D: An Introductory Guide*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-Water Tai Chi*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-When Rest Doesn't Recover*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.2 CEUs/ea.)-When Trouble is Afoot*	Home Study	0.2	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.3 CEUs/ea.)-Coaching Obesity*	Home Study	0.3	12/31/2017
Athletics and Fitness Association of America AFAA	CEU Corner™ Series (.3 CEUs/ea.)-Do Try this at Home*	Home Study	0.3	12/31/2017
Athletics and Fitness Association of America AFAA	Cream Rises: Excellence in Education	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/cream-rises-excellence-in-education">http://www.afaa.com/courses/cream-rises-excellence-in-education</a>
Athletics and Fitness Association of America AFAA	Diet Free Life*	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/diet-free-life">http://www.afaa.com/courses/diet-free-life</a>
Athletics and Fitness Association of America AFAA	Emergency Response	Home Study	0.5	12/31/2017 <a href="http://www.afaa.com/courses/emergency-response">http://www.afaa.com/courses/emergency-response</a>
Athletics and Fitness Association of America AFAA	Exercise Design for Seniors	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/exercise-design-for-seniors">http://www.afaa.com/courses/exercise-design-for-seniors</a>
Athletics and Fitness Association of America AFAA	Fighting Obesity: A Practical Approach	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/fighting-obesity-a-practical-approach">http://www.afaa.com/courses/fighting-obesity-a-practical-approach</a>
Athletics and Fitness Association of America AFAA	Fighting Obesity: A Practical Approach*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Floor, Core & More for Personal Trainers*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	From Hi-Lo to Hip-Hop Video Corner™-JeannieFit*	Home Study	0.4	12/31/2017 <a href="http://www.afaa.com/courses/from-hi-lo-to-hip-hop">http://www.afaa.com/courses/from-hi-lo-to-hip-hop</a>
Athletics and Fitness Association of America AFAA	Fuzecraze™ Dance Drills & Skills*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	FuzeCraze™: Dance Drills and Skills	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/fuzecraze-dance-drills-and-skills">http://www.afaa.com/courses/fuzecraze-dance-drills-and-skills</a>
Athletics and Fitness Association of America AFAA	G.E.A.R.: Indoor Cycling*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	G.E.A.R.™: Indoor Cycling	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/g-e-a-r-indoor-cycling">http://www.afaa.com/courses/g-e-a-r-indoor-cycling</a>
Athletics and Fitness Association of America AFAA	Golden Hearts™: Senior Fitness Training	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/golden-hearts-senior-fitness-training">http://www.afaa.com/courses/golden-hearts-senior-fitness-training</a>
Athletics and Fitness Association of America AFAA	Golden Hearts™: Senior Fitness Training*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Group Exercise: The Practical Way	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/group-exercise-the-practical-way">http://www.afaa.com/courses/group-exercise-the-practical-way</a>
Athletics and Fitness Association of America AFAA	Group Exercise: The Practical Way Onsite Workshop*	Workshop/Seminar	0.8	12/31/2017
Athletics and Fitness Association of America AFAA	Group Resistance Training	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/group-resistance-training">http://www.afaa.com/courses/group-resistance-training</a>
Athletics and Fitness Association of America AFAA	Group Resistance Training Video Corner™ Series-Group Resistance Training : Circuit Training	Home Study	0.4	12/31/2017 <a href="http://www.afaa.com/courses/group-resistance-training-circuit-training">http://www.afaa.com/courses/group-resistance-training-circuit-training</a>
Athletics and Fitness Association of America AFAA	Group Resistance Training Video Corner™ Series-Group Resistance Training : Exercise Sequencing	Home Study	0.4	12/31/2017 <a href="http://www.afaa.com/courses/group-resistance-training-exercise-sequencing">http://www.afaa.com/courses/group-resistance-training-exercise-sequencing</a>
Athletics and Fitness Association of America AFAA	Group Resistance Training*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Health Coaching Skills	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/health-coaching-skills">http://www.afaa.com/courses/health-coaching-skills</a>
Athletics and Fitness Association of America AFAA	Injury Prevention Video Corner™ Series-Session 1 : Understanding Injuries	Home Study	0.4	12/31/2017 <a href="http://www.afaa.com/courses/essential-injury-prevention-bundle">http://www.afaa.com/courses/essential-injury-prevention-bundle</a>
Athletics and Fitness Association of America AFAA	Injury Prevention Video Corner™ Series-Session 2 : Upper Body	Home Study	0.4	12/31/2017 <a href="http://www.afaa.com/courses/essential-injury-prevention-bundle">http://www.afaa.com/courses/essential-injury-prevention-bundle</a>
Athletics and Fitness Association of America AFAA	Injury Prevention Video Corner™ Series-Session 3 : The Spine	Home Study	0.4	12/31/2017 <a href="http://www.afaa.com/courses/essential-injury-prevention-bundle">http://www.afaa.com/courses/essential-injury-prevention-bundle</a>
Athletics and Fitness Association of America AFAA	Injury Prevention Video Corner™ Series-Session 4 : The Lower Body	Home Study	0.4	12/31/2017 <a href="http://www.afaa.com/courses/essential-injury-prevention-bundle">http://www.afaa.com/courses/essential-injury-prevention-bundle</a>
Athletics and Fitness Association of America AFAA	Jillian Michaels - BODYSHRED™	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/jillian-michaels-bodyshred">http://www.afaa.com/courses/jillian-michaels-bodyshred</a>
Athletics and Fitness Association of America AFAA	Jillian Michaels BODYSHRED™ Certification*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Jillian Michaels CEU Corner™ Series-Life Coaching	Home Study	0.3	12/31/2017 <a href="http://www.afaa.com/courses/jillian-michaels-ceu-corner-life-coaching">http://www.afaa.com/courses/jillian-michaels-ceu-corner-life-coaching</a>
Athletics and Fitness Association of America AFAA	Jillian Michaels CEU Corner™ Series-Making the Cut: Training Techniques	Home Study	0.3	12/31/2017 <a href="http://www.afaa.com/courses/jillian-michaels-ceu-corner-making-the-cut">http://www.afaa.com/courses/jillian-michaels-ceu-corner-making-the-cut</a>
Athletics and Fitness Association of America AFAA	Jillian Michaels CEU Corner™ Series-Mind-Body Fitness	Home Study	0.3	12/31/2017 <a href="http://www.afaa.com/courses/jillian-michaels-ceu-corner-mind-body-fitness">http://www.afaa.com/courses/jillian-michaels-ceu-corner-mind-body-fitness</a>
Athletics and Fitness Association of America AFAA	Jillian Michaels CEU Corner™ Series-Need Motivation?	Home Study	0.3	12/31/2017 <a href="http://www.afaa.com/courses/jillian-michaels-ceu-corner-need-motivation">http://www.afaa.com/courses/jillian-michaels-ceu-corner-need-motivation</a>
Athletics and Fitness Association of America AFAA	Jillian Michaels CEU Corner™ Series-The Nature of Metabolism	Home Study	0.3	12/31/2017 <a href="http://www.afaa.com/courses/jillian-michaels-ceu-corner-the-nature-of-metabolism">http://www.afaa.com/courses/jillian-michaels-ceu-corner-the-nature-of-metabolism</a>
Athletics and Fitness Association of America AFAA	KickBoxing Certification*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	KickBoxing Skills & Choreography*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Kickboxing: Skills and Drills	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/kickboxing-skills-and-drills">http://www.afaa.com/courses/kickboxing-skills-and-drills</a>
Athletics and Fitness Association of America AFAA	Midlife Fitness for Women	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/midlife-fitness-for-women">http://www.afaa.com/courses/midlife-fitness-for-women</a>
Athletics and Fitness Association of America AFAA	Midlife Fitness for Women*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Military Fitness Specialist Certification*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Multiple Client Training	Home Study	0.5	12/31/2017 <a href="http://www.afaa.com/courses/multiple-client-training">http://www.afaa.com/courses/multiple-client-training</a>
Athletics and Fitness Association of America AFAA	Music Essentials for Group Exercise	Home Study	0.4	12/31/2017 <a href="http://www.afaa.com/courses/music-essentials-for-group-exercise">http://www.afaa.com/courses/music-essentials-for-group-exercise</a>
Athletics and Fitness Association of America AFAA	NASM/AFAA - Group Personal Training*	Home Study	0.7	12/31/2017
Athletics and Fitness Association of America AFAA	Nutrition for Sports and Exercise	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/nutrition-for-sports-and-exercise">http://www.afaa.com/courses/nutrition-for-sports-and-exercise</a>
Athletics and Fitness Association of America AFAA	Perinatal Fitness	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/perinatal-fitness">http://www.afaa.com/courses/perinatal-fitness</a>
Athletics and Fitness Association of America AFAA	Perinatal Fitness*	Workshop/Seminar	0.5	12/31/2017 <a href="http://www.afaa.com/courses/perinatal-fitness">http://www.afaa.com/courses/perinatal-fitness</a>
Athletics and Fitness Association of America AFAA	Power Music   Group Rx RIP*	Home Study	0.7	12/31/2017
Athletics and Fitness Association of America AFAA	Practical Modality Instruction	Home Study	0.5	12/31/2017 <a href="http://www.afaa.com/courses/practical-modality-instruction">http://www.afaa.com/courses/practical-modality-instruction</a>
Athletics and Fitness Association of America AFAA	Practical Pilates™	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/practical-pilates">http://www.afaa.com/courses/practical-pilates</a>
Athletics and Fitness Association of America AFAA	Practical Pilates™*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Practical Yoga Instructor Training	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/practical-yoga-instructor-training">http://www.afaa.com/courses/practical-yoga-instructor-training</a>
Athletics and Fitness Association of America AFAA	Practical Yoga Instructor Training*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Prehab vs. Rehab™	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/prehab-vs-rehab">http://www.afaa.com/courses/prehab-vs-rehab</a>
Athletics and Fitness Association of America AFAA	Primary Group Exercise Certification	Home Study	1.5	12/31/2017 <a href="http://www.afaa.com/courses/group-ex">http://www.afaa.com/courses/group-ex</a>
Athletics and Fitness Association of America AFAA	Primary Group Exercise Workshop*	Workshop/Seminar	0.8	12/31/2017
Athletics and Fitness Association of America AFAA	Resistance to the Core™	Home Study	0.3	12/31/2017 <a href="http://www.afaa.com/courses/resistance-to-the-core">http://www.afaa.com/courses/resistance-to-the-core</a>
Athletics and Fitness Association of America AFAA	Step Certification*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Step Skills & Choreography*	Workshop/Seminar	0.5	12/31/2017
Athletics and Fitness Association of America AFAA	Stress Gets Personal™	Home Study	0.6	12/31/2017 <a href="http://www.afaa.com/courses/stress-gets-personal">http://www.afaa.com/courses/stress-gets-personal</a>
Athletics and Fitness Association of America AFAA	Sunrise Yoga	Workshop/Seminar	0.5	12/31/2017 <a href="http://www.afaa.com/courses/sunrise-yoga">http://www.afaa.com/courses/sunrise-yoga</a>
Athletics and Fitness Association of America AFAA	Sunrise Yoga	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/sunrise-yoga">http://www.afaa.com/courses/sunrise-yoga</a>
Athletics and Fitness Association of America AFAA	TeleFitness™ Internet Software Certification*	Home Study	1.8	12/31/2017
Athletics and Fitness Association of America AFAA	Yo-Chi™	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/yo-chi">http://www.afaa.com/courses/yo-chi</a>
Athletics and Fitness Association of America AFAA	Yoga and Pilates on the Ball Training	Home Study	0.7	12/31/2017 <a href="http://www.afaa.com/courses/yoga-and-pilates-on-the-ball-training">http://www.afaa.com/courses/yoga-and-pilates-on-the-ball-training</a>
Athletics and Fitness Association of America AFAA	Yoga Essentials I	Home Study	0.3	12/31/2017 <a href="http://www.afaa.com/courses/yoga-essentials-1">http://www.afaa.com/courses/yoga-essentials-1</a>
Athletics and Fitness Association of America AFAA	Yoga Essentials II	Home Study	0.4	12/31/2017 <a href="http://www.afaa.com/courses/yoga-essentials-2">http://www.afaa.com/courses/yoga-essentials-2</a>
Australian Strength Performance	Fat Loss Specialization	Workshop/Seminar	1.9	12/31/2018
Australian Strength Performance	Hypertrophy Level 1	Workshop/Seminar	1.4	12/31/2018

Australian Strength Performance	Physique Transformation Level 1	Workshop/Seminar	0.7	12/31/2018
Australian Strength Performance	Fat Loss Specialization	Workshop/Seminar	1.9	12/31/2018
Australian Strength Performance	Hypertrophy Level 1	Workshop/Seminar	1.4	12/31/2018
Australian Strength Performance	Physique Transformation Level 1	Workshop/Seminar	0.7	12/31/2018
Autism Fitness (Theraplay-NY, LLC)	Autism Fitness Level 1 Certification Seminar	Workshop/Seminar	1.0	12/31/2017 <a href="http://www.AutismFitness.com">http://www.AutismFitness.com</a>
Axle Workout INC	The Shift Workshop	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.Axleworkout.com">www.Axleworkout.com</a>
Balance Gym	Balance Body	Workshop/Seminar	0.3	12/31/2017 <a href="http://www.balancegym.com">www.balancegym.com</a>
Balanced Athlete	Balanced Athlete Level 1 Course	Workshop/Seminar	1.7	12/31/2017 <a href="http://www.balancedathlete.com">www.balancedathlete.com</a>
Balanced Athlete	Balanced Athlete Level 2 Course	Workshop/Seminar	1.2	12/31/2017 <a href="http://www.balancedathlete.com">www.balancedathlete.com</a>
Balanced Habits	Balanced Habits Food Coach	Workshop/Seminar	1.6	12/31/2017 <a href="http://balancedhabitspartners.com">balancedhabitspartners.com</a>
Balanced Habits	Balanced Habits Food Coach (Self Study)	Home Study	1.4	12/31/2017 <a href="http://balancedhabitspartners.com">balancedhabitspartners.com</a>
Balancepoint	Balancepoint Barre	Workshop/Seminar	0.6	12/31/2017 <a href="http://www.balancepointpilates.com">www.balancepointpilates.com</a>
Balancepoint	Balancepoint Barre n Burn	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.balancepointpilates.com">www.balancepointpilates.com</a>
Balancepoint	SYNC Coach Training	Workshop/Seminar	1.0	12/31/2017 <a href="http://www.balancepointpilates.com">www.balancepointpilates.com</a>
Barre & Soul	100 Hour Barre Teacher Training	Home Study	1.9	12/31/2017
Barre by Jessica Diaz	Barre Teacher Training Program	Home Study	1.9	12/31/2018
Barre by Jessica Diaz	Barre Teacher Training Program	Home Study	1.9	12/31/2018
Barre Forte	Barre Forte	Workshop/Seminar	1.4	12/31/2017 <a href="http://www.barreforte.com">www.barreforte.com</a>
Barre Intensity LLC	Barre Anatomy Workshop	Workshop/Seminar	1.0	12/31/2017 <a href="http://www.barreintensity.com">www.barreintensity.com</a>
Barre Intensity LLC	Barre Choreography Workshop 1	Workshop/Seminar	0.3	12/31/2017 <a href="http://www.barreintensity.com">www.barreintensity.com</a>
Barre Intensity LLC	Barre Intensity Instructor Training 1 day	Workshop/Seminar	0.9	12/31/2017 <a href="http://www.barreintensity.com">www.barreintensity.com</a>
Barre Intensity LLC	Barre Intensity Instructor Training 2 day	Workshop/Seminar	1.3	12/31/2017 <a href="http://www.barreintensity.com">www.barreintensity.com</a>
Barre Shape	Barre Shape Certification	Workshop/Seminar	1.9	12/31/2017
Barrenone Institute	barrenone Movement and Mobility Specialist-1	Workshop/Seminar	1.0	12/31/2017 <a href="http://chicagoathleticclubs.com">chicagoathleticclubs.com</a>
Barrenone Institute	barrenone Movement and Mobility Specialist-2	Home Study	1.0	12/31/2017 <a href="http://chicagoathleticclubs.com">chicagoathleticclubs.com</a>
Barrevolution	Barre Instructor Training	Workshop/Seminar	1.2	12/31/2017 <a href="http://www.barrevolution.net">www.barrevolution.net</a>
BarSculpt	Level I Barre Training with Leslie Guerin	Workshop/Seminar	0.8	12/31/2017 <a href="http://BarSculpt.com">BarSculpt.com</a>
BarSculpt	Level II Barre Training with Leslie Guerin	Workshop/Seminar	0.9	12/31/2017 <a href="http://BarSculpt.com">BarSculpt.com</a>
Be Well Personal Training	Exploring the hips	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.bewellpt.com">www.bewellpt.com</a>
Be Well Personal Training	Exploring the shoulder joint	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.bewellpt.com">www.bewellpt.com</a>
Be Well Personal Training	Training clients with NSLBP	Home Study	0.4	12/31/2017 <a href="http://www.bewellpt.com">www.bewellpt.com</a>
Beachbody, LLC	CIZE Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	CIZE LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018
Beachbody, LLC	CORE DE FORCE Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	CORE DE FORCE LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	COUNTRY HEAT Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	COUNTRY HEAT LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	INSANITY Certification Workshop	Workshop/Seminar	0.7	12/31/2017 <a href="http://www.insanycertification.com">www.insanycertification.com</a>
Beachbody, LLC	INSANITY Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	INSANITY LIVE Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	P90X Certification Qualification	Home Study	0.4	12/31/2017 <a href="http://www.p90xcertification.com">www.p90xcertification.com</a>
Beachbody, LLC	P90X Certification Workshop	Workshop/Seminar	0.7	12/31/2017 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	P90X Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	P90X LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	PIYo Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	PIYo LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	TURBO KICK Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	TURBO KICK LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	CIZE Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	CIZE LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018
Beachbody, LLC	CORE DE FORCE Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	CORE DE FORCE LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	COUNTRY HEAT Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	COUNTRY HEAT LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	INSANITY Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	INSANITY LIVE Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	P90X Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	P90X LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	PIYo Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	PIYo LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
Beachbody, LLC	TURBO KICK Instructor Training	Home Study	0.7	12/31/2018 <a href="http://www.beachbody.com">www.beachbody.com</a>
Beachbody, LLC	TURBO KICK LIVE Instructor Training	Workshop/Seminar	0.7	12/31/2018 <a href="http://www.beachbodylive.com">www.beachbodylive.com</a>
BeatBoss, LLC	BeatBoss Indoor Biking (Cycling) Certification	Workshop/Seminar	1.0	12/31/2017 <a href="http://www.beatboss.rock">www.beatboss.rock</a>
Bella Barre	Bella Barre Instructor Training	Workshop/Seminar	1.9	12/31/2017 <a href="http://www.bella-barre.com">http://www.bella-barre.com</a>
Bender Training Academy	Barre Above	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.bendertraining.com">www.bendertraining.com</a>
Bender Training Academy	Barre Above Pilates Focus	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.bendertraining.com">http://www.bendertraining.com</a>
Bender Training Academy	Functional Flexibility and Fasha Fitness	Workshop/Seminar	0.6	12/31/2017 <a href="http://www.bendertraining.com">www.bendertraining.com</a>
Bender Training Academy	Functional Reformer level 1	Workshop/Seminar	1.9	12/31/2017 <a href="http://www.bendertraining.com">www.bendertraining.com</a>
BeyondBarre, llc.	BeyondBarre Basics	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.BeyondBarre.com">www.BeyondBarre.com</a>
BIOMechaniks	Ankorr Level 1	Workshop/Seminar	0.7	12/31/2017 <a href="http://www.biomechaniks.com">www.biomechaniks.com</a>
BIOMechaniks	Release Series - December 2017	Workshop/Seminar	0.2	12/31/2018 <a href="http://www.biomechaniks.com">www.biomechaniks.com</a>
BIOMechaniks	Release Series - February 2018	Workshop/Seminar	0.2	12/31/2018 <a href="http://www.biomechaniks.com">www.biomechaniks.com</a>
BIOMechaniks	Release Series - January 2018	Workshop/Seminar	0.2	12/31/2018 <a href="http://www.biomechaniks.com">www.biomechaniks.com</a>
BIOMechaniks	Release Series - March 2018	Workshop/Seminar	0.2	12/31/2018 <a href="http://www.biomechaniks.com">www.biomechaniks.com</a>
BIOMechaniks	Zuu Cobra Level I Instructor Course	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.thezoo.com.au">www.thezoo.com.au</a>
BIOMechaniks	Release Series - December 2017	Workshop/Seminar	0.2	12/31/2018 <a href="http://www.biomechaniks.com">www.biomechaniks.com</a>
BIOMechaniks	Release Series - February 2018	Workshop/Seminar	0.2	12/31/2018 <a href="http://www.biomechaniks.com">www.biomechaniks.com</a>
BIOMechaniks	Release Series - January 2018	Workshop/Seminar	0.2	12/31/2018 <a href="http://www.biomechaniks.com">www.biomechaniks.com</a>
BIOMechaniks	Release Series - March 2018	Workshop/Seminar	0.2	12/31/2018 <a href="http://www.biomechaniks.com">www.biomechaniks.com</a>
BloomFit Training	BloomFit Body Positivity Training	Workshop/Seminar	0.3	12/30/2018
BMAX LLC	BMAX Xtreme Team Pro Certification	Workshop/Seminar	1.0	12/31/2017 <a href="http://www.bmaxstrong.com">www.bmaxstrong.com</a>

Body Ally, LLC	Diastasis Recti: How it Affects Your Clients Success and How You Can Help	Workshop/Seminar	0.3	12/31/2017	www.bodyally.com
Body by Lauren with Lauren Griffith	Barre Teacher Training	Workshop/Seminar	0.7	12/31/2017	www.bodybylauren.com
Body by Lauren with Lauren Griffith	Sculpt Teacher Training	Workshop/Seminar	0.7	12/31/2017	www.bodybylauren.com
BODYROK STUDIOS	CERTIFIED BODYROK FITNESS COACH	Workshop/Seminar	1.9	12/31/2017	WWW.BODYROK.COM
BOGAFIT	BOGAFIT	Workshop/Seminar	0.6	12/31/2017	http://www.bogaftmat.com
BollyX	BollyX Instructor	Workshop/Seminar	0.7	12/31/2017	www.bollyx.com
BollyX	BollyX* LIT	Workshop/Seminar	0.9	12/31/2017	bollyx.com
BollyX	BollyX* LIT 4-hour	Workshop/Seminar	0.4	12/31/2017	www.bollyx.com
BOMBAY JAM	BOMBAY JAM(R) Certification	Workshop/Seminar	0.8	12/31/2017	WWW.BOMBAYJAM.COM
BOMBAY JAM	BOMBAY JAM(R) DAY 2 QUARTER 1	Workshop/Seminar	0.3	12/31/2017	WWW.BOMBAYJAM.COM
BOMBAY JAM	BOMBAY JAM(R) DAY 2 QUARTER 2	Workshop/Seminar	0.4	12/31/2017	WWW.BOMBAYJAM.COM
BOMBAY JAM	BOMBAY JAM(R) DAY 2 QUARTER 3	Workshop/Seminar	0.4	12/31/2017	WWW.BOMBAYJAM.COM
BOMBAY JAM	BOMBAY JAM(R) DAY 2 QUARTER 4	Workshop/Seminar	0.4	12/31/2017	WWW.BOMBAYJAM.COM
Boogie Bounce	One Day Training Workshop	Workshop/Seminar	0.7	12/30/2018	
Bootcamp Alliance (Motivate to Train Pty Ltd)	Bootcamp and Outdoor Fitness for Kids Course	Workshop/Seminar	1.6	12/31/2017	www.bootcampalliance.com
Bootcamp Alliance (Motivate to Train Pty Ltd)	Bootcamp and Outdoor Group Fitness Instructor Course-HomeStudy	Home Study	1.6	12/31/2017	www.bootcampalliance.com
Bootcamp Alliance (Motivate to Train Pty Ltd)	Bootcamp and Outdoor Group Fitness Instructor Course-LiveCourse	Workshop/Seminar	1.6	12/31/2017	www.bootcampalliance.com
Booty Barre	barreless	Workshop/Seminar	0.8	12/31/2017	www.barreless.com
Booty Barre	BootyBarre PLUS	Workshop/Seminar	0.9	12/31/2017	www.bootybarre.com
Booty Barre	BootyBarre plus Flex & Flow	Workshop/Seminar	1.8	12/31/2017	http://www.bootybarre.com
BOSU	101 WAYS TO BOSU*!	Workshop/Seminar	0.2	12/31/2017	www.bosu.com
BOSU	3D XTREME™ powered by BOSU*	Workshop/Seminar	0.6	12/31/2017	http://www.bosu.com
BOSU	BOSU 3D XTREME: Creative Circuit Solutions	Workshop/Seminar	0.2	12/31/2017	http://www.bosu.com
BOSU	BOSU Dimensional Core	Workshop/Seminar	0.2	12/31/2017	http://www.bosu.com
BOSU	BOSU Mind-Body Specialty Certification	Workshop/Seminar	0.8	12/31/2017	http://www.bosu.com
BOSU	BOSU Mobility & Stability For Active Aging	Workshop/Seminar	0.8	12/31/2017	www.bosu.com
BOSU	BOSU Personal Trainer Certification	Workshop/Seminar	0.8	12/31/2017	http://www.bosu.com
BOSU	BOSU* COMPLETE WORKOUT SYSTEM CERTIFICATION	Workshop/Seminar	0.8	12/31/2017	http://www.bosu.com
BOSU	BOSU* COMPLETE WORKOUT SYSTEM INTRO	Workshop/Seminar	0.2	12/31/2017	http://www.bosu.com
BOSU	BOSU* DOUBLE UP DOUBLE DOWN	Workshop/Seminar	0.2	12/31/2017	http://www.bosu.com
BOSU	BOSU* HIIT EXTREME	Workshop/Seminar	0.2	12/31/2017	http://www.bosu.com
BOSU	BOSU* LOWER BODY SOLUTIONS	Workshop/Seminar	0.2	12/31/2017	http://www.bosu.com
BOSU	BOSU* Skills and Drills for Group Personal Training Certification	Workshop/Seminar	0.6	12/31/2017	http://www.bosu.com
BOSU	BOSU* STRONG + STRETCHED	Workshop/Seminar	0.2	12/31/2017	http://www.bosu.com
BOSU	BOSU* Up, Down, All Around	Workshop/Seminar	0.2	12/31/2017	www.bosu.com
BOSU	BOSU* STUDIO PILATES	Workshop/Seminar	0.2	12/31/2017	www.bosu.com
BOSU	BOSU*: Stability Ball Overhaul	Workshop/Seminar	0.2	12/31/2017	http://Bosu.com
BOSU	CIRCUIT SENSATIONS BY BOSU*	Workshop/Seminar	0.2	12/31/2017	http://www.bosu.com
BOSU	COMPLETE CORE BY BOSU*	Workshop/Seminar	0.2	12/31/2017	http://www.bosu.com
BOSU	Kamagon Certification	Workshop/Seminar	0.8	12/31/2017	http://www.bosu.com
BOSU	Surge Certification	Workshop/Seminar	0.8	12/31/2017	http://www.bosu.com
BOUNCELIMIT LIMITED	Introduction to Rebounding Method	Workshop/Seminar	0.7	12/31/2017	www.bouncelimit.com
BOUNCELIMIT LIMITED	Theory of Rebounding	Workshop/Seminar	0.7	12/31/2017	www.bouncelimit.com
Box N' Burn Academy	Box N' Burn Academy Level 1 Certification	Workshop/Seminar	0.7	12/31/2018	www.boxnburnacademy.com
Box N' Burn Academy	Box N' Burn Academy Level 2 Certification	Workshop/Seminar	0.7	12/31/2017	http://www.boxnburnacademy.com
Box N' Burn Academy	Box N' Burn Academy Level 1 Certification	Workshop/Seminar	0.7	12/31/2018	www.boxnburnacademy.com
Boxygen	Boxygen	Workshop/Seminar	1.4	12/31/2017	www.boxygen.us
Brain & Body Academy	HIRT L1 Course	Workshop/Seminar	0.8	12/31/2017	http://www.brainbodyacademy.com
Brain & Body Academy	HIRT L2 Course	Workshop/Seminar	0.8	12/31/2017	http://www.brainbodyacademy.com
Brain & Body Academy	HIRT L3 Course	Workshop/Seminar	0.8	12/31/2017	
Brain & Body Academy	THUMP Boxing L1+2 Instructor Course	Workshop/Seminar	1.6	12/31/2017	http://letstudio.blogspot.tw
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Adductors	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Advancements in Exercise Selection	Workshop/Seminar	1.6	12/31/2017	brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Advancements in Program Design	Workshop/Seminar	1.6	12/31/2017	www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Ankle Joint	Home Study	0.3	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Biceps Femoris	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Coracobrachialis	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Core Subsystems	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deep Cervical Flexor Activation	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deep Neck Flexors	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deltoids	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Does Movement Impairment Precede Knee Pain and Injury?	Home Study	0.1	12/31/2017	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Erector Spinae	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Extensor Hallucis Longus (EHL) & Extensor Digitorum Longus (EDL) (and Fibularis Tertius (FT)	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Flexor Hallucis Longus and Flexor Digitorum Longus	Workshop/Seminar	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Functional Anatomy 1 & 2	Workshop/Seminar	1.6	12/31/2017	brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Functional Anatomy 1: Introduction	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Functional Anatomy 2: Muscular Function and Upper Body Muscles	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Functional Anatomy 3: Lower Body and Core Muscles	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Gluteus Maximus	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Gluteus Maximus Activation	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Gluteus Medius Activation	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Goniometric Assessment	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip External Rotator: Release and Lengthening	Home Study	0.1	12/31/2017	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip Flexor: Release and Lengthening	Home Study	0.1	12/31/2017	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip Internal Rotator: Release and Lengthening	Home Study	0.1	12/31/2017	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip Joint	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Infraspinatus and Teres Minor	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Integrated Functional Anatomy of the Sternoclavicular, Acromioclavicular and Scapulothoracic Joints	Home Study	0.3	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Knee Joint	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Latissimus Dorsi	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/

Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Levator Scapulae	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower Body Manual Muscle Testing (MMT)	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower Extremity Dysfunction	Home Study	0.4	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower Leg Dysfunction (LLD) Exercise Selection	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lumbar Extensor: Release and Lengthening	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lumbo Pelvic Hip Complex Dysfunction (LPHCD) Exercise Selection	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Length Tests	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Overhead Squat Assessment	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Overhead Squat Assessment (Part 1): Signs of Dysfunction	Home Study	0.2	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Overhead Squat Assessment (Part 2): Sign Clusters and Compensation Patterns	Home Study	0.2	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Pectoralis Major	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Pectoralis Minor	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Plantar Flexor: Release and Lengthening	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Popliteus	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Predictive Model of Lower Leg Dysfunction (LLD)	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Predictive Model of Lumbo Pelvic Hip Complex Dysfunction (LPHCD)	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Predictive Model of Upper Body Dysfunction (UBD)	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Rectus Abdominis & Pyramidalis	Home Study	0.2	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Rhomboids	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Scapular Muscles: Release and Lengthening	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Self-administered Joint Mobilizations: Lower Extremity	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Self-administered Joint Mobilizations: Upper Extremity	Home Study	0.2	12/31/2017	www.BrookbushInstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Serratus Anterior	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Serratus Anterior Activation	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Shoulder (Glenohumeral) Joint	Home Study	0.3	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Shoulder External Rotator Activation	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Shoulder Internal Rotator and Posterior Deltoid: Release and Lengthening	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Soleus	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Subscapularis	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Supraspinatus	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tensor Fascia Latae	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Teres Major	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibia External Rotator: Release and Lengthening	Home Study	0.1	12/31/2017	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Anterior	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Anterior Activation	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Posterior	Home Study	0.2	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Posterior Activation	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Transverse Abdominis Activation	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Trapezius Activation	Home Study	0.1	12/31/2017	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Upper Body Dysfunction (UBD) Exercise Selection	Home Study	0.3	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Upper Body Manual Muscle Testing (MMT)	Home Study	0.1	12/31/2017	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Vastus Medialis Obliquus (VMO) and Tibial Internal Rotator Activation	Home Study	0.1	12/31/2017	https://brentbrookbush.com/
Brooke Coblenz	barreFLEX Teacher Training	Workshop/Seminar	1.4	12/31/2017	www.flexyogawooster.com
Bruce and Mindy Mylrea	One Day to Wellness	Workshop/Seminar	0.9	12/31/2017	bruceandmindy.com
Bruce and Mindy Mylrea	One Weekend to Wellness	Workshop/Seminar	1.6	12/31/2017	bruceandmindy.com
Bruce and Mindy Mylrea	Successful Bootcamp Business	Workshop/Seminar	0.4	12/31/2017	Tabatabootcamp.com
Bruce and Mindy Mylrea	Tabata GX	Workshop/Seminar	0.7	12/31/2017	Tabatabootcamp.com
Bryan Guidry Training Systems, LLC	Boxing and MMA for Personal Training (workshop)	Workshop/Seminar	0.7	12/31/2017	
Burrell Education	3rd Age Woman (Peri to Post Menopause) On-Line Global Certification	Home Study	1.6	12/31/2017	www.burrelleducation.com
Burrell Education	Advanced CPD in Modern Post Natal Assessment, Core Restore & Functional Exercise Programming	Home Study	1.6	12/31/2017	www.burrelleducation.com
Burrell Education	Advanced CPD in Modern Pregnancy Functional Exercise	Home Study	1.8	12/31/2017	www.burrelleducation.com
Burrell Education	Modern Post Natal Assessment and Exercise Prescription	Workshop/Seminar	0.8	12/31/2017	http://www.burrelleducation.com/modern-post-natal-exercise-cpd-course/
Burrell Education	Optimal Nutrition For Post Natal Recovery and Healing	Home Study	1.6	12/31/2017	www.burrelleducation.com
Burrell Education	Pelvic Floor & Core Foundations (LIVE)	Workshop/Seminar	0.8	12/31/2017	http://www.burrelleducation.com
Burrell Education	Pelvic Floor & Core Foundations (ONLINE)	Home Study	0.8	12/31/2017	http://www.burrelleducation.com
Burrell Education	Power Plate ® Post Natal Assessment & Exercise Prescription CPD	Workshop/Seminar	0.8	12/31/2017	http://www.burrelleducation.com/power-plate-post-natal-assessment-exercise-prescription-cpd/
Burrell Education	Womens Wellness and the Whole Body Vibration WBV Live	Workshop/Seminar	0.8	12/31/2017	http://www.burrelleducation.com
BUTI Yoga with Elisabeth Gold	BUTI Yoga Certification Program	Workshop/Seminar	1.9	12/31/2017	butiyoga.com
C.H.E.K Institute	Advanced Program Design	Workshop/Seminar	1.6	12/31/2017	http://www.chekinstitute.com
C.H.E.K Institute	Advanced Swiss Ball Training for Rehabilitation	Home Study	0.7	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Assessing Core Function	Home Study	0.7	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	CHEK Holistic Lifestyle Coach Level 1	Workshop/Seminar	1.9	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	CHEK Holistic Lifestyle Coach Level 2	Workshop/Seminar	1.9	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Core Conditioning Exercises	Home Study	0.5	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Dynamic Medicine Ball Training	Home Study	0.7	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Equal But Not The Same	Home Study	0.7	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Functional Anatomy of the Core	Home Study	0.5	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Golf Performance Specialist	Workshop/Seminar	1.9	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Healing Fungal and Parasite Infections – The Absolute Essentials	Home Study	0.7	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	High Performance Core Conditioning	Home Study	0.5	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Primal Pattern Movement: A Neurodevelopmental Approach to Conditioning	Home Study	0.5	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Program Design	Home Study	0.7	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Scientific Back Training 2nd Edition Correspondence Course	Home Study	1.9	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Scientific Core Conditioning	Home Study	1.9	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Scientific Shoulder Training (Home Study)	Home Study	1.6	12/31/2017	www.chekinstitute.com
C.H.E.K Institute	Swiss Ball Training	Home Study	0.8	12/31/2017	www.chekinstitute.com
Cancer Exercise Training Institute	Breast Cancer Recovery BOSU® Specialist Advanced Qualification Certification	Home Study	1.9	12/31/2017	www.thecancerspecialist.com
Cancer Exercise Training Institute	Cancer Exercise Specialist Advanced Qualification (Home Study)	Home Study	1.9	12/31/2017	www.thecancerspecialist.com
Cancer Exercise Training Institute	Cancer Exercise Specialist Advanced Qualification (Workshop)	Workshop/Seminar	1.6	12/31/2017	www.thecancerspecialist.com
Canvas Club Boxing	B-R-I-T Boxing Round Interval Training	Workshop/Seminar	0.7	12/31/2017	www.canvasclubboxing.com
CardioGolf	"Cardiogolf" A Golf-Specific Fitness Program	Workshop/Seminar	0.6	12/31/2017	Shapeyourswing.com

Center for Health and Fitness Continuing Education	All About Ginseng (NTWM 205 previously)	Home Study	0.1	12/31/2017	www.center4healthandfitness.com
Center for Health and Fitness Continuing Education	Nutrition Essentials (NTWM 201 previously)	Home Study	0.7	12/31/2017	www.center4healthandfitness.com
Center for Health and Fitness Continuing Education	Overall Fitness for the Older Adult (SPPL 298 previously)	Home Study	0.5	12/31/2017	www.center4healthandfitness.com
Center for Health and Fitness Continuing Education	Preventing Knee Injuries	Home Study	0.6	12/31/2017	www.center4healthandfitness.com
Center for Health and Fitness Continuing Education	Preventing Lower Back Injuries (INPV 223 previously)	Home Study	0.5	12/31/2017	www.center4healthandfitness.com
Center for Health and Fitness Continuing Education	Preventing Shoulder Injuries	Home Study	0.6	12/31/2017	http://www.center4healthandfitness.com
Center for Health and Fitness Continuing Education	Q & A for Health and Fitness Professionals (MISC 264 previously)	Home Study	0.4	12/31/2017	www.center4healthandfitness.com
Center for Health and Fitness Continuing Education	Staying Injury Free (INPV 225 previously)	Home Study	0.7	12/31/2017	www.center4healthandfitness.com
Center for Health and Fitness Continuing Education	Strength Training for Youth (SPPL 286 previously)	Home Study	1.2	12/31/2017	www.center4healthandfitness.com
Center for Health and Fitness Continuing Education	Weight Management (NTWM 203 previously)	Home Study	0.5	12/31/2017	www.center4healthandfitness.com
CERF-Chiropractic Research Foundation	Beyond the Basics Knee Secrets	Workshop/Seminar	1.4	12/31/2017	Chiropracticresearchfoundation.org
CERF-Chiropractic Research Foundation	Beyond The Basics Shoulder	Workshop/Seminar	1.6	12/31/2017	Chiropracticresearchfoundation.org
Cervifit Neck Strength System	Cervifit Neck Anatomy and Training Workshop	Workshop/Seminar	0.1	12/31/2017	www.cervifit.com
Chakaboom Fitness	CHAKABOONCE Instructor Training	Workshop/Seminar	0.8	12/31/2017	www.chakaboomfitness.com
Chakaboom Fitness	The Chakaboom Fitness Experience, Professional Instructor Training	Workshop/Seminar	0.6	12/31/2017	http://www.chakaboomfitness.com
Chameleon Sports Training	Training for Speed and Agility	Workshop/Seminar	0.6	12/31/2017	C360sports.com
Charles JoJo Tyler	POWER HOUR	Workshop/Seminar	0.4	12/31/2017	www.jojosenergy.com
Charles JoJo Tyler	The teachers survival kit	Workshop/Seminar	0.4	12/31/2017	http://www.jojosenergy.com
Chicago Kettlebell Club	Kettlebells for Fitness & Sport	Workshop/Seminar	1.6	12/31/2017	thechicagokettlebellclub.com
ChoreoBarreFitness	ChoreoBarreFitness	Workshop/Seminar	0.7	12/31/2017	www.lifestylex.com
CHOREOGRAPHYTOGO LTD	Advanced Fitness Pilates For Back Care	Home Study	1.2	12/31/2017	http://Choreographytogo.com
CHOREOGRAPHYTOGO LTD	Fitness Pilates For Orthopaedic Conditions	Workshop/Seminar	0.8	12/31/2017	Choreographytogo.com
CHOREOGRAPHYTOGO LTD	The Brainfit Workout™	Home Study	0.5	12/31/2017	http://Choreographytogo.com
CKC Fitness System	Evolutionary Mismatch Theories	Workshop/Seminar	0.4	12/31/2017	www.ckcfitness.com
Club Craft	Corrective Exercise for the Lumbar Spine Level 1	Workshop/Seminar	1.2	12/31/2017	http://www.clubcraft.net/9849-2/
Club Craft	Knee Corrective Exercise Level 1	Workshop/Seminar	1.2	12/31/2017	http://www.clubcraft.net/9849-2/
Club Craft	Knee Passive Stretch Level 1	Workshop/Seminar	1.2	12/31/2017	http://www.clubcraft.net/9849-2/
Club Craft	Lumbar Spine Corrective (Passive) Stretch	Workshop/Seminar	1.2	12/31/2017	http://www.clubcraft.net/9849-2/
Club Craft	Shoulder Corrective Exercise Level 1	Workshop/Seminar	1.2	12/31/2017	http://www.clubcraft.net/9849-2/
Club Craft	Shoulder Corrective Passive Stretch Level 1	Workshop/Seminar	1.2	12/31/2017	http://www.clubcraft.net/9849-2/
Coastal Body	Barre Instructor Certification Program	Home Study	1.9	12/31/2017	www.onlinebarrecert.com
Compact Health Pty ltd	The Power of Calm	Home Study	0.5	12/31/2017	www.compacthealth.com
Core Athletica Inc.	Knocked-Up Fitness® Prenatal and Postnatal Exercise	Home Study	1.9	12/31/2017	Knocked-UpFitness.com
Core Exercise Solutions	Finding Your Foundation: Training For the Pelvic Floor	Workshop/Seminar	0.3	12/31/2017	www.CoreExerciseSolutions.com
CorePower Yoga	Yoga Sculpt Teacher Training	Home Study	1.9	12/31/2017	www.corepoweryoga.com
Country Fusion™	Country Fusion™	Workshop/Seminar	0.7	12/31/2017	www.countryfusion.net
Crossroads Adaptive Athletic Alliance	Adaptive Coaches' Course	Workshop/Seminar	0.8	12/31/2017	http://crossroadsalliance.org
CRUNCH FITNESS	360-3X	Workshop/Seminar	0.2	12/31/2017	http://www.crunch.com
CRUNCH FITNESS	ABSOLUTION	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	BALLAST BALL PILATES	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	BALLAST BALL WORKOUT	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	BARRE ASSETS	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	BARRE BOOTCAMP	Workshop/Seminar	0.2	12/31/2017	http://www.crunch.com
CRUNCH FITNESS	BELLY BUTT & THIGHS BOOTCAMP	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	BODYWEB WITH TRX	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	BOING WITH KANGOO	Workshop/Seminar	0.5	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	BOSU BODY	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	BOSU BOOTCAMP	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	BUNGEE FLIGHT: ADRENALINE RUSH	Workshop/Seminar	0.7	12/31/2017	www.crunch.com
CRUNCH FITNESS	CARDIO SCULPT	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	CARDIO TAI BOX	Workshop/Seminar	0.2	12/31/2017	http://www.crunch.com
CRUNCH FITNESS	CHISEL	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	CRUNCH CLASSIC TRAINING	Workshop/Seminar	0.6	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	CRUNCH RIDE OF YOUR LIFE	Workshop/Seminar	0.6	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	ENGINE	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	FAT BURNING PILATES	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	INBOARDING	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	IRON MAT	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	OVERDRIVE	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	POLE DANCING	Workshop/Seminar	0.6	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	POWER BALL	Workshop/Seminar	0.2	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	RETRO ROBICS	Workshop/Seminar	0.2	12/31/2017	http://www.crunch.com
CRUNCH FITNESS	RIPPED DRIVE	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	RIPPED YOGA	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	SHREDDED	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	SPIDERWEB WITH TRX	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	STILETTO STRENGTH	Workshop/Seminar	0.2	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	STILETTO STRENGTH 3	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	STRENGTH & HEELS	Workshop/Seminar	0.2	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	STRIP BAR	Workshop/Seminar	0.2	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	TREAD BOOTCAMP	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	TREAD-N-SHRED	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	VIDEOGRAPHY	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	XPERT POLE FITNESS LEVEL .5	Workshop/Seminar	0.4	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	XPERT POLE FITNESS LEVEL 3/4	Workshop/Seminar	0.7	12/31/2017	WWW.CRUNCH.COM
CRUNCH FITNESS	YOGA BODY SCULPT	Workshop/Seminar	0.3	12/31/2017	WWW.CRUNCH.COM
Crunch Franchise	Camp Crunch CTC Small Group Training Workshop	Workshop/Seminar	1.2	12/31/2017	www.crunch-u.com
CRUNCH UNIVERSITY	360-3X	Home Study	0.1	12/31/2017	http://www.crunch-u.com
CRUNCH UNIVERSITY	ABSOLUTION	Home Study	0.3	12/31/2017	http://www.crunch-u.com
CRUNCH UNIVERSITY	BARRE BOOTCAMP	Home Study	0.2	12/31/2017	http://www.crunch-u.com
CRUNCH UNIVERSITY	BELLY BUTT & THIGHS BOOTCAMP	Home Study	0.3	12/31/2017	http://www.crunch-u.com



CRUNCH UNIVERSITY	BODYWEB WITH TRX	Home Study	0.3	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	BOSU BODY	Home Study	0.3	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	BOSU BOOTCAMP	Home Study	0.3	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	CARDIO SCULPT	Workshop/Seminar	0.3	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	CARDIO TAI BOX	Home Study	0.2	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	CHISEL	Home Study	0.3	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	Fat Burning Pilates	Home Study	0.1	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	OVERDRIVE	Home Study	0.1	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	RETRO ROBICS	Home Study	0.1	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	STILETTO STRENGTH	Home Study	0.1	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	Tread Bootcamp	Home Study	0.1	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	TREAD-N-SHRED	Home Study	0.1	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	TRX-X2	Home Study	0.1	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	Videography	Home Study	0.1	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CRUNCH UNIVERSITY	Yoga Body Sculpt	Home Study	0.1	12/31/2017	<a href="http://www.crunch-u.com">http://www.crunch-u.com</a>
CTMAXX	CTMAXX Level 1	Home Study	0.2	12/31/2018	
CTMAXX	CTMAXX Level 1	Home Study	0.2	12/31/2018	
Cyclingdvds.com, LLC DBA Cycling Fusion	Essentials Indoor Cycling Instructor Workshop	Workshop/Seminar	0.7	12/31/2017	<a href="http://www.cyclingfusion.com">www.cyclingfusion.com</a>
Dan-Z Fitness Pte Ltd	Official KpopX* Fitness Instructor	Workshop/Seminar	0.8	12/31/2018	<a href="http://www.kpopfitness.com">www.kpopfitness.com</a>
Dan-Z Fitness Pte Ltd	Official KpopX* Fitness Instructor Home Study	Home Study	0.8	12/31/2017	<a href="http://www.kpopfitness.com">www.kpopfitness.com</a>
Dan-Z Fitness Pte Ltd	Official KpopX* Fitness Instructor	Workshop/Seminar	0.8	12/31/2018	<a href="http://www.kpopfitness.com">www.kpopfitness.com</a>
Davide Zanichelli	BabyGET! Instructor course	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.fit-up-solution.com">www.fit-up-solution.com</a>
Davide Zanichelli	Core & Functional for Personal Workout	Workshop/Seminar	1.5	12/31/2017	<a href="http://www.fit-up-solution.com">www.fit-up-solution.com</a>
Davide Zanichelli	GET! Gymball Evo Training*	Workshop/Seminar	1.5	12/31/2017	<a href="http://www.fit-up-solution.com">www.fit-up-solution.com</a>
Davide Zanichelli	PendyBall by Ledragomma Original Pezzi® Trainer Course	Workshop/Seminar	1.5	12/31/2017	<a href="http://www.fit-up-solution.com">www.fit-up-solution.com</a>
DC Concepts, LLC	Maximizing Your Power by Training from Blocks	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.dcblocksusa.com">http://www.dcblocksusa.com</a>
Debbie Roberts Seminars	Flexibility Coach	Workshop/Seminar	1.8	12/31/2017	<a href="http://www.debbierobertsseminars.com">www.debbierobertsseminars.com</a>
Debbie Roberts Seminars	Locomotive Power	Workshop/Seminar	1.8	12/31/2017	<a href="http://www.debbierobertsseminars.com">www.debbierobertsseminars.com</a>
Debbie Roberts Seminars	Shoulder Dysfunction	Workshop/Seminar	1.8	12/31/2017	<a href="http://www.debbierobertsseminars.com">www.debbierobertsseminars.com</a>
Definitive Barre Fitness (DBF)	Definitive Barre Fitness Level I Certification	Workshop/Seminar	0.6	12/31/2017	<a href="https://www.facebook.com/pages/Definitive-Barre-Fitness/111350185708394">https://www.facebook.com/pages/Definitive-Barre-Fitness/111350185708394</a>
Definitive Barre Fitness (DBF)	Definitive Barre Fitness Level II : The Barre Intensive	Workshop/Seminar	0.4	12/31/2017	<a href="https://www.facebook.com/pages/Definitive-Barre-Fitness/111350185708394">https://www.facebook.com/pages/Definitive-Barre-Fitness/111350185708394</a>
DIAKADI	The Business Movement	Workshop/Seminar	0.7	12/31/2017	<a href="http://www.thebusinessmovement.com">www.thebusinessmovement.com</a>
DISQ Mobile Gym	DISQ Trainer Course	Workshop/Seminar	0.8	12/31/2017	
Dorm Dads of America	Advanced Instructor Development (AID)	Workshop/Seminar	0.4	12/30/2018	
Dorm Dads of America	FreeStyle Cycle Certification	Workshop/Seminar	0.8	12/31/2018	
Dorm Dads of America	FreeStyle Cycle Certification	Workshop/Seminar	0.8	12/31/2018	
dotFIT, LLC	dotFIT Certification	Home Study	1.6	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
dotFIT, LLC	dotFIT Live Certification (1 day)	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
dotFIT, LLC	dotFIT Live Certification (2 day)	Workshop/Seminar	1.6	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
dotFIT, LLC	dotFIT Supplement Workshop	Workshop/Seminar	0.3	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
dotFIT, LLC	Health Supplement (CEU Quiz)	Home Study	0.1	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
dotFIT, LLC	Performance Supplement (CEU Quiz)	Home Study	0.1	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
dotFIT, LLC	Proven Strategies for Weight Reduction (CEU Quiz)	Home Study	0.1	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
dotFIT, LLC	Weight Loss Supplement (CEU Quiz)	Home Study	0.1	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
dotFIT, LLC	When Diet and Exercise Aren't Enough (CEU Quiz)	Home Study	0.1	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
dotFIT, LLC	Xtreme Muscle Stack: Creating the Perfect Anabolic Storm	Home Study	0.1	12/31/2017	<a href="http://www.dotfit.com">www.dotfit.com</a>
Dr. Sears Wellness Institute	Health Coach Certification-Adults & Seniors	Home Study	1.9	12/31/2017	<a href="http://drsearswellnessinstitute.org">drsearswellnessinstitute.org</a>
Dr. Sears Wellness Institute	Health Coach Certification-Families	Home Study	1.9	12/31/2017	<a href="http://drsearswellnessinstitute.org">drsearswellnessinstitute.org</a>
Dr. Sears Wellness Institute	Health Coach Certification-Pregnancy	Home Study	1.9	12/31/2017	<a href="http://drsearswellnessinstitute.org">drsearswellnessinstitute.org</a>
Dragon Door Publications	HKC Kettlebell Certification Workshop	Workshop/Seminar	0.8	12/31/2018	<a href="http://dragondoor.com">http://dragondoor.com</a>
Dragon Door Publications	PCC Progressive Calisthenics Certification Workshop	Workshop/Seminar	1.9	12/31/2018	<a href="http://dragondoor.com">dragondoor.com</a>
Dragon Door Publications	RKC Kettlebell Certification Workshop	Workshop/Seminar	1.9	12/31/2018	<a href="http://dragondoor.com">dragondoor.com</a>
Dragon Door Publications	HKC Kettlebell Certification Workshop	Workshop/Seminar	0.8	12/31/2018	<a href="http://dragondoor.com">http://dragondoor.com</a>
Dragon Door Publications	PCC Progressive Calisthenics Certification Workshop	Workshop/Seminar	1.9	12/31/2018	<a href="http://dragondoor.com">dragondoor.com</a>
Dragon Door Publications	RKC Kettlebell Certification Workshop	Workshop/Seminar	1.9	12/31/2018	<a href="http://dragondoor.com">dragondoor.com</a>
DSW Fitness-Human Kinetics Continuing Education	Applied Health Fitness Psychology Print/Online CE Course	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Balance Training Print CE Course-3rd Edition With Book	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Bodybuilding Anatomy CE Course	Home Study	0.4	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Bodyweight Strength Training Anatomy CE Course	Home Study	0.4	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Cycling Anatomy CE Course	Home Study	0.4	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Essentials of Eccentric Training CE Course	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Facilitated Stretching Print/Online CE Course 4th Edition	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Functional Training CE Course	Home Study	0.8	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	High-Intensity Training for Women CE Course	Home Study	0.6	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	High-Performance Training for Sports CE Course	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Kettlebell Training Print/Online CE Course	Home Study	1.7	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Kinetic Anatomy	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Knee Stabilization	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Lifestyle Wellness Coaching, 2nd Edition	Home Study	1.9	12/31/2017	
DSW Fitness-Human Kinetics Continuing Education	Low Back Disorders CE Course, 3rd Edition	Home Study	1.1	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Maximum Interval Training CE Course	Home Study	1.0	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Methods of Group Exercise Instruction Print/Online CE course- 3rd Edition	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Periodization Training CE Course	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Pilates Anatomy CE Course	Home Study	0.5	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Plyometrics Print/Online CE Course	Home Study	1.3	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Postural Assessment CE Course	Home Study	0.5	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Prenatal and Postpartum Exercise Design, 4E	Home Study	0.7	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Running Anatomy CE Course	Home Study	0.4	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Running Injuries: Strategies for Prevention and Intervention	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Running Mechanics and Gait Analysis	Home Study	1.9	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>
DSW Fitness-Human Kinetics Continuing Education	Science and Development of Muscle Hypertrophy	Home Study	1.2	12/31/2017	<a href="http://www.humankinetics.com/continuing-education">www.humankinetics.com/continuing-education</a>

DSW Fitness-Human Kinetics Continuing Education	Sports Nutrition with Nancy Clark Print/Online CE Course 5th Edition	Home Study	1.9	12/31/2017	www.humankinetics.com/continuing-education
DSW Fitness-Human Kinetics Continuing Education	Stretching Anatomy CE Course, 2nd Edition	Home Study	0.4	12/31/2017	www.humankinetics.com/continuing-education
DSW Fitness-Human Kinetics Continuing Education	The Essence of Bodyweight Training Print CE Course	Home Study	1.9	12/31/2017	www.humankinetics.com/continuing-education
DSW Fitness-Human Kinetics Continuing Education	Triathlon Anatomy CE Course	Home Study	0.4	12/31/2017	www.humankinetics.com/continuing-education
DSW Fitness-Human Kinetics Continuing Education	Triathlon Science Print/Online CE Course	Home Study	1.9	12/31/2017	www.humankinetics.com/continuing-education
DSW Fitness-Human Kinetics Continuing Education	Water Exercise CE Course	Home Study	1.0	12/31/2017	www.humankinetics.com/continuing-education
DSW Fitness-Human Kinetics Continuing Education	Winning Sports Nutrition	Home Study	1.9	12/31/2017	www.humankinetics.com/continuing-education
Dumbbells to Dollars	Dumbbells to Dollars	Workshop/Seminar	1.2	12/31/2017	http://reportfit.com/courses/dumbbells-to-dollars/
Dynamax Inc.	Dynamax Coach Course	Workshop/Seminar	0.5	12/31/2017	www.medicineballs.com
Dynamic Fitness Management	Advanced Fundamentals	Workshop/Seminar	1.8	12/31/2017	www.dfmfit.com
Dynamic Fitness Management	Advanced Price Presentations	Workshop/Seminar	0.2	12/31/2017	www.mlfitnesseducation.com
Dynamic Fitness Management	Basic Sales	Workshop/Seminar	0.2	12/31/2017	
Dynamic Fitness Management	Building Long Term Commitment	Workshop/Seminar	0.2	12/31/2017	www.dfmfit.com
Dynamic Fitness Management	Building Your Business	Workshop/Seminar	0.1	12/31/2017	
Dynamic Fitness Management	Business Management: Clients	Workshop/Seminar	0.2	12/31/2017	www.mlfitnesseducation.com
Dynamic Fitness Management	Business Management: Self	Workshop/Seminar	0.2	12/31/2017	www.mlfitnesseducation.com
Dynamic Fitness Management	Client Engagement	Workshop/Seminar	0.2	12/31/2017	www.mlfitnesseducation.com
Dynamic Fitness Management	Client Retention	Workshop/Seminar	0.1	12/31/2017	
Dynamic Fitness Management	Creating Compliance	Workshop/Seminar	0.2	12/31/2017	www.mlfitnesseducation.com
Dynamic Fitness Management	Handling Concerns	Workshop/Seminar	0.2	12/31/2017	
Dynamic Fitness Management	Personal Training Fundamentals	Workshop/Seminar	1.0	12/31/2017	www.dfmfit.com
Dynamic Fitness Management	PNF Stretch	Workshop/Seminar	0.3	12/31/2017	www.dfmfit.com
DYNAMIC KINETICS LLC.	INTEGRATED FLEXIBILITY TECHNIQUES	Workshop/Seminar	0.4	12/31/2017	WWW.DYNAMIC-KINETICS.COM
East Bank Club	East Bank Club Barre Chisel Instructor Training	Workshop/Seminar	0.2	12/30/2018	
EBFA Fitness (Evidence Based Fitness Academy)	BARE® Workout Instructor	Workshop/Seminar	0.7	12/31/2017	ebfafitness.com
EBFA Fitness (Evidence Based Fitness Academy)	Barefoot Training Specialist® Level 1	Workshop/Seminar	1.6	12/31/2017	ebfafitness.com
EBFA Fitness (Evidence Based Fitness Academy)	Barefoot Training Specialist® Level 2	Workshop/Seminar	1.2	12/31/2017	ebfafitness.com
EBFA Fitness (Evidence Based Fitness Academy)	BarefootRx® Rehab Specialist Level 1	Workshop/Seminar	1.4	12/31/2017	ebfafitness.com
EBFA Fitness (Evidence Based Fitness Academy)	Master Instructor Training Camp	Workshop/Seminar	1.9	12/31/2017	ebfafitness.com
Efen Buzzo	Salsa-Reggaeton Mix	Workshop/Seminar	0.4	12/31/2018	
Efen Buzzo	Salsa-Reggaeton Mix	Workshop/Seminar	0.4	12/31/2018	
Eleiko Sport Inc.	Eleiko Olympic Weight Lifting for Strength Coaches Level 1	Workshop/Seminar	1.9	12/31/2017	www.eleikosport.com
Eleiko Sport Inc.	Eleiko Strength Coach, Level 1 (16 hour)	Workshop/Seminar	1.6	12/31/2017	http://www.eleiko.com/en/educationstart.aspx
Eleiko Sport Inc.	Eleiko Strength Coach, Level 1 (21 hour)	Workshop/Seminar	1.9	12/31/2017	http://www.eleiko.com/en/index.aspx
Eleiko Sport Inc.	Eleiko Strength Coach, Level 2	Workshop/Seminar	1.9	12/31/2017	http://www.eleiko.com/en/educationstart.aspx
Elite Sports University	Online Sports Performance Clinic Fall 2016	Home Study	1.8	12/31/2017	http://www.elitesportsuniversity.com
Empower Training Systems, Inc.	Empower (Martial Fitness) Kickboxing Fitness Instructor Training	Home Study	1.9	12/31/2017	www.empower-usa.com
Empower Training Systems, Inc.	Empower Self Defense Instructor Training – Phase 1 & 2	Home Study	1.9	12/31/2017	www.empower-usa.com
Empowering Wellness-Shannon Eggleston, BS, RN, ACE	PiloSlide	Workshop/Seminar	0.8	12/31/2017	www.empoweringwellnesserie.com
Energy Balance Nutrition Consulting (EBNC)	What is the Importance of Fat Oxidation to Weight Loss?	Workshop/Seminar	0.1	12/31/2017	http://www.ebnutritionconsulting.com
Equinox	Equinox EFTI Tier 2 Curriculum (Fast Track)	Home Study	1.9	12/31/2017	
Equinox	Equinox EFTI Tier 2 Curriculum (Live)	Workshop/Seminar	1.9	12/31/2017	
Equinox	Equinox EFTI Tier 2 Curriculum (T3 Retro)	Home Study	1.5	12/31/2017	
Equinox	Equinox EFTI Tier 2 Curriculum (T3+ Retro)	Home Study	1.3	12/31/2017	
Equinox	Equinox EFTI Tier 2 Curriculum (Virtual)	Home Study	1.9	12/31/2017	
Equinox	Progressive Bodyweight Training	Workshop/Seminar	0.6	12/31/2017	
Escape Fitness Ltd	BATTLE ROPE PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	BATTLE ROPE PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	BULGARIAN BAG PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	BULGARIAN BAG PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	CORE MOMENTUM TRAINER PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	CORE MOMENTUM TRAINER PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	COREBAG PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	COREBAG PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	ESCAPE KETTLEBELL PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	ESCAPE KETTLEBELL PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	GRIPR PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	GRIPR PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	KETTLEBELL INSTRUCTOR TRAINING COURSE	Workshop/Seminar	1.6	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	MEDICINE BALL (POWER TRAINING WITH MED BALLS) PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	MEDICINE BALL (POWER TRAINING WITH MED BALLS) PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	OCTAGON INSTRUCTOR TRAINING COURSE	Workshop/Seminar	0.8	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	PLYOMETRIC TRAINING PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	PLYOMETRIC TRAINING PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	SANDBAG PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	SANDBAG PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	SELF MYOFASCIAL RELEASE WITH ROLLERS PRODUCT TRAINING	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	SELF MYOFASCIAL RELEASE WITH ROLLERS PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	TIYR PRODUCT TRAINING online	Home Study	0.2	12/31/2017	www.escapefitness.com
Escape Fitness Ltd	TIYR PRODUCT TRAINING WORKSHOP	Workshop/Seminar	0.2	12/31/2017	www.escapefitness.com
EverybodyFights	The Boxing Fitness Certification: EverybodyFights Trainer Certification	Workshop/Seminar	0.7	12/31/2017	http://everybodyfights.com/certification
Evidence for Exercise	Beginner and Intermediate Exercise for the Lower Back	Home Study	0.2	12/31/2017	www.evidenceforexercise.org
Evidence for Exercise	Beginner and Intermediate Exercise for the Shoulder	Home Study	0.3	12/31/2017	www.evidenceforexercise.org
Evidence for Exercise	Beginner and Intermediate Exercise for the Upper Back	Home Study	0.1	12/31/2017	www.evidenceforexercise.org
Evidence for Exercise	Beginner and Intermediate Exercises for the Hip and Gluteals	Home Study	0.3	12/31/2017	www.evidenceforexercise.org
Evidence for Exercise	Beginner and Intermediate Exercises for the Neck	Home Study	0.1	12/31/2017	www.evidenceforexercise.org
Evidence for Exercise	Beginner Quadriceps Exercises for the Patellofemoral Pain	Home Study	0.2	12/31/2017	www.evidenceforexercise.org
Evidence for Exercise	Beginner Yoga for the Lower Back	Home Study	0.1	12/31/2017	www.evidenceforexercise.org
Evidence for Exercise	Intermediate Pilates for the Abdominals	Home Study	0.1	12/31/2017	www.evidenceforexercise.org
Evolution Power Yoga	Anatomy of Yoga Series	Workshop/Seminar	1.9	12/31/2018	http://evolutionpoweryoga.com
Evolution Power Yoga	Anatomy of Yoga Series	Workshop/Seminar	1.9	12/31/2018	http://evolutionpoweryoga.com

Excel Wellness Studio	Bridging the Gap between Medicine and Fitness. How to Navigate Cancer and Osteoporosis	Workshop/Seminar	0.8	12/31/2018
Excel Wellness Studio	Movement from the Ground Up: Barefoot Training w/ Emily Spilchal	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.excelwellnessstudio.com">www.excelwellnessstudio.com</a>
Excel Wellness Studio	Bridging the Gap between Medicine and Fitness. How to Navigate Cancer and Osteoporosis	Workshop/Seminar	0.8	12/31/2018
Exercise and Nutrition Works, Inc.	Certified Fitness Nutrition Specialist	Home Study	1.9	12/31/2017 <a href="http://www.NutritionCertification.com">www.NutritionCertification.com</a>
Exercise Etc.	A Dozen Practical Exercises For Seniors	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	A Woman's Guide to Muscle & Strength	Home Study	1.6	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Able Bodies Balance Training	Home Study	1.0	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Age Appropriate Strength Training	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Athletic Body in Balance	Home Study	1.9	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Avoiding Common Fitness Injuries	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/power.html">http://exercisect.com/power.html</a>
Exercise Etc.	Balance & Fall Prevention	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/seniorfit.html">http://exercisect.com/seniorfit.html</a>
Exercise Etc.	Balance, Mobility & Function	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Balance, Stability & Fall Prevention	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Boot Camp Gold	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Cheap Tricks for Trainers	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Client Centered Exercise Prescription	Home Study	1.9	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Comprehensive Recovery Strategies	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Conditioning to the Core	Home Study	1.0	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Core Training Anatomy	Home Study	1.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Core Training for Seniors	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Core Training: Working Hard or Hardly Working?	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Designing Exercise Complexes	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Dynamic Balance & Mobility	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	End Back & Neck Pain	Home Study	1.0	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Exercise & the Older Adult	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.exercisect.com/">http://www.exercisect.com/</a>
Exercise Etc.	Exercise & the Older Shoulder	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Exercise to Improve Neck & Back Function	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Exercise, Meds & Age-Related Diseases	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Facilitated Stretching	Home Study	1.6	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Fitness Illustrated	Home Study	1.0	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Fitness Professionals Guide to Strength Training Older Adults, 2017	Home Study	1.2	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Forever Young: Secrets of the Older Mind	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	From Good to Great	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Full Body Flexibility	Home Study	0.7	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Functional Forever: Exercise for Independent Living	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Functional Anti-Aging Routines	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Functional Mobility Drills	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Functional Training	Home Study	1.0	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Functional Training: Myths & Mystique	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Functional Training: The Next Generation	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Good Knee/Bad Knee	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	High Intensity 300	Home Study	1.0	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	High Intensity Interval Training	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	High Intensity Training: When Less is More	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Integrated Postural Training	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Kettlebell Training	Home Study	1.0	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Life After Hip or Knee Replacement	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Living Fearless: Exercise, Balance & Core Strength	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Making Connections: Challenging the Older Brain	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Maximum Interval Training	Home Study	1.0	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Myths, Motivation & Weight Management	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Nancy Clark's Sports Nutrition Guidebook	Home Study	1.9	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	New Directions in Cardio Training	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.exercisect.com/">http://www.exercisect.com/</a>
Exercise Etc.	New School Strength Training	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Nutrient Timing	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	Nutrient Timing for Peak Performance	Home Study	1.9	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Optimal Muscle Training	Home Study	1.5	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Pilates Anatomy	Home Study	0.8	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
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Exercise Etc.	Screening & Assessment: A Holistic Approach	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Sports Injuries Guidebook	Home Study	1.9	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Standing Tall: Exercise and the Aging Spine	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Strength & Conditioning for Seniors	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Strength Ball Training	Home Study	0.8	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Strength Training Anatomy	Home Study	1.0	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Strength Training Past 50	Home Study	0.9	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Strong Minds: Exercise & Cognitive Function	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Stuart McGill's Low Back Disorders, 2017	Home Study	1.8	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Ten Essential Exercises for Seniors	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com/">http://exercisect.com/</a>
Exercise Etc.	The Bionic Elder: Training with New Knees or Hips	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	The Bionic Elder: Training with New Knees or Hips	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
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Exercise Etc.	The Shoulder: New School Training Techniques	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
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Exercise Etc.	Top Trends in Health Promotion	Workshop/Seminar	0.2	12/31/2017 <a href="http://exercisect.com">http://exercisect.com</a>
Exercise Etc.	Understanding Shoulder Dysfunction	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>
Exercise Etc.	Walking Tall: Mobility Drills for Seniors	Home Study	0.2	12/31/2017 <a href="http://www.exercisect.com">www.exercisect.com</a>

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Exercise Etc.	When Good Knees Go Bad	Home Study	0.2	12/31/2017	www.exercisetc.com
Exercise Etc.	Why the 3500 Calorie Rule is Dead	Home Study	0.2	12/31/2017	www.exercisetc.com
Exercise Etc.	Women's Home Workout Bible	Home Study	1.6	12/31/2017	http://exercisetc.com
Exercise Etc.	Working With Frail Elders	Workshop/Seminar	0.2	12/31/2017	http://exercisetc.com/
Exerscribe, Inc.	Blood Flow Restriction Training (BFR) Course	Home Study	0.8	12/31/2017	www.bfrbands.com
exhale	exhale Barre Teacher Training Module 1	Workshop/Seminar	1.9	12/31/2017	http://exhalespa.com/
exhale	exhale Barre Teacher Training Module 2	Workshop/Seminar	1.9	12/31/2017	http://www.exhalespa.com
exhale	exhale Core Strengthening Series	Workshop/Seminar	0.4	12/31/2017	exhalespa.com
exhale	exhale Glutes Strengthening Series	Workshop/Seminar	0.4	12/31/2017	exhalespa.com
exhale	exhale Stretch Series	Workshop/Seminar	0.4	12/31/2017	exhalespa.com
exhale	exhale Thigh Strengthening Series	Workshop/Seminar	0.4	12/31/2017	exhalespa.com
exhale	exhale Upper Body Series	Workshop/Seminar	0.4	12/31/2017	exhalespa.com
EXOS	EXOS Fitness Specialists Certification	Workshop/Seminar	1.2	12/31/2017	www.teamexos.com
EXOS	EXOS Performance Specialist Certification	Home Study	1.9	12/31/2017	www.teamexos.com
EXOS	EXOS Presents: Advanced Strength & Power featuring Dan Baker	Home Study	0.4	12/31/2017	www.teamexos.com
EXOS	EXOS Presents: Using Data to Drive Results in Energy Systems Development	Home Study	0.1	12/31/2017	TeamEXOS.com/Education
EXOS	EXOS Presents: Using Data to Help Facilitate Recovery	Home Study	0.1	12/31/2017	www.TeamEXOS.com
EXOS	Fire Fighter Performance Workshop	Workshop/Seminar	1.9	12/31/2017	www.teamexos.com
EXOS	Firefighter Mentorship Phase 2	Workshop/Seminar	1.9	12/31/2017	http://www.teamexos.com/
EXOS	Mindset Mentorship	Workshop/Seminar	1.9	12/31/2017	www.teamexos.com
EXOS	Performance Mentorship Phase 1	Workshop/Seminar	1.9	12/31/2017	www.teamexos.com
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EXOS	Performance Mentorship Phase 3	Workshop/Seminar	1.9	12/31/2017	www.teamexos.com
EXOS	Performance Therapy Mentorship	Workshop/Seminar	1.9	12/31/2017	www.teamexos.com
EXOS	Tactical Training Systems	Home Study	0.5	12/31/2017	teamexos.com
EXOS	The Applied Neuroscience of Peak Performance	Home Study	0.3	12/31/2017	www.teamexos.com
F.I.R.E. Keli Roberts	F.I.R.E. Fierce Interval Resistance Exercise	Workshop/Seminar	0.7	12/31/2017	www.keliroberts.com/fire
FGI d.o.o.	NirvanaFitness Breathe In course	Workshop/Seminar	1.9	12/31/2017	http://nirvana.fitness/
Fierce Lotus	L3 Complete Fitness™ - Instructor Training Course	Workshop/Seminar	0.8	12/31/2017	https://fiercelotus.com/
Fit and Functional/NFPT	Flexibility Specialist	Workshop/Seminar	0.5	12/31/2017	www.trainereducator.com
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Fit and Functional/NFPT	Introduction to Marketing and Sales	Home Study	0.5	12/31/2017	www.nfpt.com/cec-providers/fit-and-functional
Fit and Functional/NFPT	Introduction to Plyometrics	Home Study	0.6	12/31/2017	www.trainereducator.com
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Fit and Functional/NFPT	Principles of Functional Exercise	Home Study	1.9	12/31/2017	www.trainereducator.com
Fit and Functional/NFPT	Principles of Stretching online	Home Study	0.3	12/31/2017	www.trainereducator.com
Fit and Functional/NFPT	The Core	Home Study	0.6	12/31/2017	www.trainereducator.com
FIT CHICKS® Academy	Fitness & Nutrition Expert Program	Home Study	1.9	12/31/2017	www.fitchicksacademy.com
FIT CHICKS® Academy	Holistic Nutrition Weight Loss Expert	Workshop/Seminar	1.9	12/31/2017	www.fitchicksacademy.com
FIT EDU	Assessment and Corrective Strategies for the Barbell Athlete	Workshop/Seminar	0.8	12/31/2017	http://www.fit-edu.com/service/assessment-rehabilitation-techniques-barbell-athlete/
FIT EDU	Breathing and Postural Control	Workshop/Seminar	0.8	12/31/2017	http://www.fit-edu.com/service/breathing-and-postural-control/
FIT EDU	Certified Kettlebell Coach, Level 1	Workshop/Seminar	0.8	12/31/2017	www.fit-edu.com
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Fit Events, LLC Lisa Collins	An Immediate HIIT	Workshop/Seminar	0.2	12/31/2017	
Fit Events, LLC Lisa Collins	Cueing, Coaching and Communicating	Workshop/Seminar	0.2	12/31/2017	
Fit Events, LLC Lisa Collins	Flexibility Routines for Groups	Workshop/Seminar	0.2	12/31/2017	
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Fit Events, LLC Lisa Collins	StrongHER: Women, Muscle and Strength	Workshop/Seminar	0.2	12/31/2017	
Fit Events, LLC Lisa Collins	The Ultimate's; Light Dumbbells and Kettlebells for Group Exercise	Workshop/Seminar	0.2	12/31/2017	
Fit For Birth, Inc	Pre & Post Natal Corrective Exercise Specialist (Home Study + Mini Internship)	Home Study	1.9	12/31/2017	www.getfitforbirth.com
Fit Per Form Institute	Nutritional Strategies Specialist	Workshop/Seminar	0.4	12/31/2017	www.fitperform.org
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Fit Per Form Institute	Specialist in Speed and Strength Conditioning Drills	Workshop/Seminar	0.4	12/31/2017	www.fitperform.org
Fit Pro's Personal Training School/Academy	How to & Why Not's of Exercise Programming Advanced (1 day)	Workshop/Seminar	0.7	12/31/2017	www.fitprospersonaltrainingschool.com
Fit Pro's Personal Training School/Academy	How to & Why Not's of Exercise Programming Advanced (2 day)	Workshop/Seminar	1.4	12/31/2017	www.fitprospersonaltrainingschool.com
Fit4Health, LLC	Coaching to Maximize Client Results: For Personal Trainers	Home Study	0.4	12/31/2018	https://getfitforhealth.thinkific.com/courses/coaching-for-personal-trainers/
Fit4Health, LLC	Coaching to Maximize Client Results: For Personal Trainers	Home Study	0.4	12/31/2018	https://getfitforhealth.thinkific.com/courses/coaching-for-personal-trainers/
FitFixNow	5 Ways You're Losing Your Clients	Home Study	0.2	12/31/2017	www.fitfixnow.com
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FitFixNow	Expand your Reach with Online Face to Face Training	Home Study	0.2	12/31/2018	https://www.fitfixnow.com/
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Fitness Education Seminars DBA: Institute for Integrative Health and Fitness Education	ICES Approach to Training Baby Boomers and Seniors	Workshop/Seminar	0.7	12/31/2017	www.iihfe.com
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Fitness Education Seminars DBA: Institute for Integrative Health and Fitness Education	Integrative Core Training For the Baby Boomers	Workshop/Seminar	0.7	12/31/2017	http://www.fitnesseducationseminars.com
Fitness Education Seminars DBA: Institute for Integrative Health and Fitness Education	Rotation Training: For Work, For Sport, For Life	Workshop/Seminar	0.7	12/31/2017	www.iihfe.com

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Fitness Learning Systems	Breast Cancer Recovery and Prevention Specialist Certificate Program	Home Study	1.2	12/31/2017	www.fitnesslearningsystems.com
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Fitness People Advancing Change (FPAC)	Grow Your Exercise Library	Workshop/Seminar	0.2	12/30/2018	
Fitness Professionals (FitPro)	VIPR Active Aging	Workshop/Seminar	0.4	12/31/2017	http://www.viprfit.com
Fitness Professionals (FitPro)	VIPR Kids	Workshop/Seminar	0.4	12/31/2017	www.viprfit.com
Fitness Professionals (FitPro)	VIPR Loaded Movement Training Level 1	Workshop/Seminar	0.4	12/31/2017	www.viprfit.com
Fitness Professionals (FitPro)	VIPR Loaded Movement Training Level 2	Workshop/Seminar	0.8	12/31/2017	www.viprfit.com
Fitness Revolution	3 Pillars of Power	Workshop/Seminar	0.3	12/31/2017	http://www.frnation.com
Fitness Revolution	Fitness Business Mastery	Home Study	0.6	12/31/2017	http://www.frnation.com
Fitness Revolution	Fitness Marketing Mastery	Home Study	0.7	12/31/2017	http://www.frnation.com
Fitness Revolution	Fitness Sales Mastery	Home Study	0.6	12/31/2017	http://www.frnation.com
Fitness Revolution	Integrative Corrective Exercise Approach	Home Study	0.9	12/31/2017	http://frnation.com
Fitness Revolution	The S3 Training Method	Home Study	0.4	12/31/2017	www.frnation.com
FitnessFest Conference and Expo	Corrective Exercise Strategies for Training the Foot and Knee Complex	Home Study	0.2	12/31/2017	www.fitnessfest.org
FitnessFest Conference and Expo	Corrective Exercise Strategy for Training the Forward Shoulder Posture	Home Study	0.2	12/31/2017	www.fitnessfest.org
FitnessFest Conference and Expo	Functional Aging Circuits	Home Study	0.1	12/31/2017	www.fitnessfest.org
FitnessFest Conference and Expo	The FAT Model for Training your Clients over 50	Home Study	0.2	12/31/2017	www.fitnessfest.org
FitnessFest Conference and Expo	Training Older Adults with Osteoarthritis of the Hips & Spine	Home Study	0.2	12/31/2017	www.fitnessfest.org
FitnessSF SOMA	Stretching Clinic	Workshop/Seminar	0.4	12/31/2017	www.fitnesssf.com
FITOUR	Advanced Aqua Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Group Exercise Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Indoor Cycling Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Personal Training Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Pilates Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Yoga Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	BootCamp Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Core and Functional Fitness Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Group Barbell Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Group Ex Primary Certification	Workshop/Seminar	0.8	12/31/2017	www.fitour.com
FITOUR	Group Exercise Primary Certification	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Indoor Cycling Instructor Primary Certification	Workshop/Seminar	0.8	12/31/2017	www.fitour.com
FITOUR	Kickboxing Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Myofascial Release Self Study	Workshop/Seminar	0.8	12/31/2018	http://www.fitour.com
FITOUR	Pilates Reformer Level 1 Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Primary Aqua Live Workshop	Workshop/Seminar	0.8	12/31/2018	www/fitour.com
FITOUR	Primary Aqua Self Study	Workshop/Seminar	8.0	12/31/2018	www.fitour.com
FITOUR	Primary Group Exercise Live Workshop	Workshop/Seminar	0.8	12/31/2018	
FITOUR	Primary Indoor Cycling Live Workshop	Workshop/Seminar	0.8	12/31/2018	
FITOUR	Primary Indoor Cycling Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Primary Personal Trainer Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Primary Personal Training Live Workshop	Workshop/Seminar	0.8	12/31/2018	
FITOUR	Primary Pilates Live Workshop	Workshop/Seminar	0.8	12/31/2018	
FITOUR	Primary Pilates Self Study	Workshop/Seminar	0.8	12/31/2018	http://www.fitour.com
FITOUR	Primary Yoga Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Stability Ball Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Step Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Aqua Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Group Exercise Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Indoor Cycling Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Personal Training Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Pilates Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Advanced Yoga Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	BootCamp Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Core and Functional Fitness Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Group Barbell Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Group Exercise Primary Certification	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Kickboxing Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Myofascial Release Self Study	Workshop/Seminar	0.8	12/31/2018	http://www.fitour.com
FITOUR	Pilates Reformer Level 1 Self Study	Home Study	0.8	12/31/2018	www.fitour.com
FITOUR	Primary Aqua Live Workshop	Workshop/Seminar	0.8	12/31/2018	www/fitour.com
FITOUR	Primary Aqua Self Study	Workshop/Seminar	8.0	12/31/2018	www.fitour.com
FITOUR	Primary Group Exercise Live Workshop	Workshop/Seminar	0.8	12/31/2018	
FITOUR	Primary Indoor Cycling Live Workshop	Workshop/Seminar	0.8	12/31/2018	
FITOUR	Primary Indoor Cycling Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Primary Personal Trainer Self Study	Workshop/Seminar	0.8	12/31/2018	www.fitour.com
FITOUR	Primary Personal Training Live Workshop	Workshop/Seminar	0.8	12/31/2018	
FITOUR	Primary Pilates Live Workshop	Workshop/Seminar	0.8	12/31/2018	
FITOUR	Primary Pilates Self Study	Workshop/Seminar	0.8	12/31/2018	http://www.fitour.com
FITOUR	Primary Yoga Self Study	Home Study	0.8	12/31/2018	www.fitour.com

FITOUR	Stability Ball Self Study	Home Study	0.8	12/31/2018	www.ftour.com
FITOUR	Step Self Study	Home Study	0.8	12/31/2018	www.ftour.com
FITposium Conference 2017	FITposium Conference 2017- Day 1	Conference	0.8	12/31/2017	
FITposium Conference 2017	FITposium Conference 2017- Day 2	Conference	0.7	12/31/2017	
Flexibility Script, Laura Noyes LLC	Flexibility Script Assessments	Workshop/Seminar	0.8	12/31/2017	www.FlexibilityScript.com
Flexibility Script, Laura Noyes LLC	The Flexibility Continuum	Workshop/Seminar	1.4	12/31/2017	http://www.flexibilityscript.com
Flexibility Script, Laura Noyes LLC	The Fleximobile Integration	Workshop/Seminar	1.4	12/31/2017	http://www.flexibilityscript.com
FLUID RUNNING	Fluid Running Instructor Training	Workshop/Seminar	1.8	12/31/2017	www.fluidrunning.com
Focusmaster	Focusmaster Strike Training Workshop	Workshop/Seminar	0.5	12/31/2017	http://www.focusmaster.com
Folk Fitness	Folk Fitness® yuva training (FFYT)	Workshop/Seminar	1.6	12/31/2017	http://www.myfolkfitness.com/trainings/index?latlong=34.262621,-118.751214
Follow your Hart LLC	F-IT: The Business of Fitness	Home Study	1.5	12/31/2018	kkhart.com
Follow your Hart LLC	F-IT: The Business of Fitness	Home Study	1.5	12/31/2018	kkhart.com
Form and Function Academy (previously Park Ave Spine)	Functional Anatomy Series	Workshop/Seminar	1.6	12/31/2017	www.parkavenuespine.com
Form and Function Academy (previously Park Ave Spine)	Improve your Deadlift	Workshop/Seminar	0.4	12/31/2017	www.parkavenuespine.com
Form and Function Academy (previously Park Ave Spine)	Raising the Bar	Workshop/Seminar	0.4	12/31/2017	www.parkavenuespine.com
Form and Function Academy (previously Park Ave Spine)	Squat Goals	Workshop/Seminar	0.4	12/31/2017	www.parkavenuespine.com
Form and Function Academy (previously Park Ave Spine)	Training the Female Athlete	Workshop/Seminar	0.4	12/31/2017	http://parkavenuespine.com
Free Range Human - Carolyn Appel	A Performance-Based Approach to Pre and Post-Natal Training	Workshop/Seminar	0.5	12/31/2017	www.carolynappel.com
FreeMotion Fitness	FreeMotion Fitness Functional Cable Training	Workshop/Seminar	0.6	12/31/2017	www.freemotionfit.com
FreeMotion Fitness	FreeMotion Fitness Functional Cable Training	Workshop/Seminar	0.8	12/31/2017	www.freemotionacademy.com
FreeMotion Fitness	FreeMotion Fitness InclineFIT	Workshop/Seminar	0.8	12/31/2017	www.freemotionfit.com
FreeMotion Fitness	FreeMotion Fitness Rapid Fit	Workshop/Seminar	0.8	12/31/2017	www.freemotionfitness.com
FreeMotion Fitness	FreeMotion Fitness Rip: 60	Workshop/Seminar	0.8	12/31/2017	www.freemotionfitness.com
FreeMotion Fitness	Freemotion Indoor Cycling	Workshop/Seminar	0.8	12/31/2017	www.freemotionfitness.com
FreeMotion Fitness	Genesis (home study)	Home Study	0.2	12/31/2017	www.freemotionacademy.com
FreeMotion Fitness	Genesis DS (Dual Station) (home study)	Home Study	0.2	12/31/2017	www.freemotionacademy.com
FreeMotion Fitness	Incline Trainer (home study)	Home Study	0.2	12/31/2017	www.freemotionacademy.com
FreeMotion Fitness	Live Axis (home study)	Home Study	0.2	12/31/2017	www.freemotionacademy.com
FreeMotion Fitness	RapidFit (home study)	Home Study	0.2	12/31/2017	www.freemotionacademy.com
FreeMotion Fitness	Rip: 60 (home study)	Home Study	0.2	12/31/2017	www.freemotionacademy.com
FreeMotion Fitness	Tour de France Indoor Cycle (home study)	Home Study	0.2	12/31/2017	www.freemotionacademy.com
FreeStyle Fitness Academy	Freestyle Barre	Workshop/Seminar	1.5	12/31/2017	http://www.FreeStyleFitnessAcademy.com
FreeStyle Fitness Academy	FreeStyle Kick Boxing Program	Workshop/Seminar	0.8	12/31/2017	http://www.FreeStyleFitnessAcademy.com
FreeStyle Fitness Academy	Freestyle Mat Pilates	Workshop/Seminar	1.5	12/31/2017	http://www.FreeStyleFitnessAcademy.com
Functional Aging Institute FAI	Anchor Point Training Certification Workshop	Workshop/Seminar	0.8	12/31/2017	www.anchorpointtraining.com
Functional Aging Institute FAI	Functional Aging Certificate	Home Study	0.5	12/31/2017	www.functionalaginginstitute.com
Functional Aging Institute FAI	Functional Aging Group Exercise Specialist Certification	Workshop/Seminar	0.8	12/31/2017	functionalaginginstitute.com
Functional Aging Institute FAI	Functional Aging Group Exercise Specialist Workshop	Workshop/Seminar	0.8	12/31/2017	www.functionalaginginstitute.com
Functional Aging Institute FAI	Functional Aging Specialist Certification	Home Study	1.0	12/31/2017	www.functionalaginginstitute.com
Functional Aging Institute FAI	Functional Aging Specialist Workshop	Workshop/Seminar	0.7	12/31/2017	www.functionalaginginstitute.com
Functional Aging Institute FAI	Functional Core and Balance Certification	Home Study	0.3	12/31/2018	https://functionalaginginstitute.com/
Functional Aging Institute FAI	Open the Door to Tai Chi	Workshop/Seminar	0.8	12/31/2017	www.taichisystem.com
Functional Aging Institute FAI	Functional Core and Balance Certification	Home Study	0.3	12/31/2018	https://functionalaginginstitute.com/
Functional Medicine Coaching Academy (FMCA)	Functional Medicine Coaching Academy Health Coaching Program	Home Study	1.8	12/31/2017	http://www.functionalmedicinedcoaching.org
FUNCTIONAL MOVEMENT SYSTEMS (FMS, INC)	FCS-Fundamental Capacity Screen	Workshop/Seminar	1.5	12/31/2017	http://WWW.FUNCTIONALMOVEMENT.COM
FUNCTIONAL MOVEMENT SYSTEMS (FMS, INC)	FMS Level 1 Online Course	Home Study	0.2	12/31/2017	http://WWW.FUNCTIONALMOVEMENT.COM
FUNCTIONAL MOVEMENT SYSTEMS (FMS, INC)	FMS Level 2	Workshop/Seminar	1.5	12/31/2017	www.functionalmovement.com
Fusion Beatz	Bollywood Xtrim Program	Workshop/Seminar	0.8	12/31/2017	www.fusionbeatz.com
FUSION Tactical & Athletic Development	Integrated Exercise Guidelines for Fibromyalgia	Home Study	0.2	12/31/2018	https://innovativeceus.com/CourseCategory.php?id=10
FUSION Tactical & Athletic Development	Integrated Exercise Guidelines for Fibromyalgia	Home Study	0.2	12/31/2018	https://innovativeceus.com/CourseCategory.php?id=10
FXP Fitness	FXP Hula Hoop Level 1 Teacher Training	Workshop/Seminar	0.7	12/31/2017	www.fxfitness.com
G Fit Education	Effective Cueing Techniques for Group Fitness	Workshop/Seminar	0.2	12/31/2017	www.gfiteducation.com
GET PULSED	Get Pulsed	Workshop/Seminar	0.7	12/31/2017	www.getpulsed.com
Girls Gone Strong	Moms Gone Strong Module 1: Trying to Conceive	Home Study	0.2	12/31/2017	http://www.girlsgonestrong.com
Girls Gone Strong	Moms Gone Strong Module 2: Pregnancy	Home Study	0.2	12/31/2017	http://www.girlsgonestrong.com
Girls Gone Strong	Moms Gone Strong Module 3: Post-Pregnancy	Home Study	0.2	12/31/2017	http://www.girlsgonestrong.com
Girls Gone Strong	Pre- & Postnatal Coaching Certification	Workshop/Seminar	2.5	12/31/2018	
Girls Gone Strong	Pre- & Postnatal Coaching Certification	Workshop/Seminar	2.5	12/31/2018	
GlideFit	Cardio Wave	Workshop/Seminar	0.8	12/31/2017	glidefit.com
Global Bodyweight Training, LLC	Animal Flow Level 1 Workshop	Workshop/Seminar	1.1	12/31/2018	www.animalflow.com
Global Bodyweight Training, LLC	Animal Flow Level 2 Workshop	Workshop/Seminar	0.9	12/31/2018	www.animalflow.com
Global Bodyweight Training, LLC	Animal Flow Level 1 Workshop	Workshop/Seminar	1.1	12/31/2018	www.animalflow.com
Global Bodyweight Training, LLC	Animal Flow Level 2 Workshop	Workshop/Seminar	0.9	12/31/2018	www.animalflow.com
Global Fitness Educators	Functional Mobility Training for the Back Pain Client	Home Study	0.3	12/31/2017	www.globalfitedu.com
Global Fitness Educators	Nutrition Coach For The Fat Loss Client	Workshop/Seminar	0.8	12/31/2017	www.globalfitedu.com
Global Fitness Educators	Program Design Specialist Level 1	Home Study	0.6	12/31/2017	www.globalfitedu.com
GOLFLO Trainer	GOLFO TRAINER BASIC COURSE	Workshop/Seminar	0.4	12/31/2017	www.golflotrainer.com
Healthways, Inc.	Balance and Flexibility Choreography with a Chair	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	BOOM (Move It, Mind and Muscle)	Workshop/Seminar	0.5	12/31/2017	www.silversneakers.com
Healthways, Inc.	Center Stage: Arthritis & Aging	Workshop/Seminar	0.2	12/31/2017	www.silversneakers.com
Healthways, Inc.	Core Knowledge	Workshop/Seminar	0.1	12/31/2017	www.silversneakers.com
Healthways, Inc.	Functional Strength and Balance Solutions	Workshop/Seminar	0.2	12/31/2017	www.silversneakers.com
Healthways, Inc.	Older Adult Programing & Communication	Workshop/Seminar	0.2	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Basics	Workshop/Seminar	0.1	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers CardioFit	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers CardioFit - 2 Hour Course	Workshop/Seminar	0.2	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Circuit - 2 Hour Course	Workshop/Seminar	0.2	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Circuit (formerly Cardio Circuit)	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Classic	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Classic - 2 Hour Course	Workshop/Seminar	0.2	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Comprehensive YogaStretch Workshop	Workshop/Seminar	0.5	12/31/2017	www.silversneakers.com

Healthways, Inc.	SilverSneakers Essentials	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Functional Fitness Assessment Testing	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Nutrition for Older Adults	Workshop/Seminar	0.2	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Splash	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers Stability	Workshop/Seminar	0.2	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers YogaStretch 1 (Strength, Flexibility and Balance)	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers YogaStretch 3 (Stress Reduction)	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	SilverSneakers-YogaStretch 2 (Restorative Breathing)	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthways, Inc.	Tendons, Ligaments & Cartilage	Workshop/Seminar	0.2	12/31/2017	www.silversneakers.com
Healthways, Inc.	Weight Circuit	Workshop/Seminar	0.3	12/31/2017	www.silversneakers.com
Healthworks Ergonomics	Essential Ergonomics	Workshop/Seminar	1.2	12/31/2017	www.healthworksergo.com
Healthworks Fitness	Assessment For the Sale	Workshop/Seminar	0.3	12/31/2017	www.healthworksfitness.com
Healthworks Fitness	Assisted Stretching	Workshop/Seminar	0.3	12/31/2017	http://healthworksgf.com/
Healthworks Fitness	Group Training 101	Workshop/Seminar	0.4	12/31/2017	www.healthworksfitness.com
Healthworks Fitness	Kettlebell 101 Essentials for Optimal Performance	Workshop/Seminar	0.5	12/31/2017	www.healthworksfitness.com
Healthworks Fitness	Programming – Principles & Practices Workshop	Workshop/Seminar	1.9	12/31/2017	www.healthworksfitness.com
Healthworks Fitness	PT Sales 101: The What, When and How to Selling Personal Training!	Workshop/Seminar	0.3	12/31/2017	www.healthworksfitness.com
Healthworks Fitness	Training the Pre/Post Natal Client	Workshop/Seminar	0.3	12/31/2017	www.healthworksfitness.com
Heart Zones USA	Heart Zones Personal Training & Cycling	Workshop/Seminar	0.8	12/31/2017	www.heartzones.com
High Fitness	HIGH Fitness Instructor Training	Workshop/Seminar	0.8	12/31/2017	www.highfitness.com
HMS Resources	Applications for Performance Enhancement	Workshop/Seminar	0.4	12/31/2017	http://www.HMSresources.com
HMS Resources	Applications of Corrective Exercise	Workshop/Seminar	0.4	12/31/2017	http://www.HMSresources.com
HMS Resources	HMS Resources: Functional Anatomy Part 1 – Upper Body	Workshop/Seminar	0.4	12/31/2017	www.HMSresources.com
HMS Resources	HMS Resources: Functional Anatomy Part 2 – Lower Body	Workshop/Seminar	0.4	12/31/2017	www.HMSresources.com
HMS Resources	Partner Assisted Stretch Workshop	Workshop/Seminar	0.4	12/31/2017	hmsresources.com
Holistic Wellness and Alternative Services, LLC	Urban Boot Camp® Tier 1	Workshop/Seminar	0.7	12/31/2017	www.ubc-fitness.com
Holistic Wellness and Alternative Services, LLC	Urban Boot Camp® Tier 2	Workshop/Seminar	0.7	12/31/2017	www.ubc-fitness.com
Home Fitness Professionals Association	Home Fitness Training Professionals Course	Workshop/Seminar	1.0	12/31/2017	www.homefitnesspro.org
Hot Yoga Aptos	Hot Pilates Teacher Training	Workshop/Seminar	1.5	12/31/2018	www.hotyogaptos.com
Hot Yoga Aptos	Hot Pilates Teacher Training	Workshop/Seminar	1.5	12/31/2018	www.hotyogaptos.com
House of Payne Personal Training	Launching Your Personal Training Business	Workshop/Seminar	1.9	12/31/2017	www.trainwithpayne.com
HRV Course	Foundations of Heart Rate Variability	Home Study	0.3	12/31/2017	www.hrvcourse.com
Human Motion Associates	3 Day Mentorship	Workshop/Seminar	1.9	12/31/2017	www.humanmotionassociates.com
Human Motion Associates	BioPlasticity: Movement, Fascia, and Body Learning	Workshop/Seminar	0.8	12/31/2017	www.humanmotionassociates.com
Human Motion Associates	BodyReading - Postural, Gait, and Motion Assessment	Workshop/Seminar	0.8	12/31/2017	http://www.humanmotionassociates.com
HYDRORIDER	Hydrorider Training	Workshop/Seminar	0.6	12/31/2017	http://www.hydroriderusa.com
Hyper Wear Inc.	SandBell® Level 1 Training	Workshop/Seminar	0.4	12/31/2017	www.hyperwear.com
IDEA Health & Fitness	10 New BIG Things in Small-Group Training	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	A Different Look at Core Training: The Backside	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	A New Approach to Strength Training for Runners and Triathletes	Home Study	0.2	12/31/2017	www.idealift.com
IDEA Health & Fitness	Abdominal and Core for the Aging Spine	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	ABS LAB INTENSIVE	Home Study	0.2	12/31/2017	www.idealift.com
IDEA Health & Fitness	ACE IFT® - Integrated Fitness Training®	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	ACE IFT®-Training Strategies for Clients with Chronic Conditions	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	ACSM: Exercise Is Medicine (EIM)—From Doctor to Trainer to Client Success!	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Active Resistance Training® Total Body Mat Practice	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Advanced Corrective Exercise	Home Study	0.3	12/31/2018	www.idealift.com
IDEA Health & Fitness	Aging Strong	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	American Council on Exercise (ACE): Small-Group Training Workshop	Home Study	0.5	12/31/2018	www.idealift.com
IDEA Health & Fitness	An Introduction to Holistic Nutrition	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Anatomy in Three Dimensions™: Common Knee Problems and Solutions	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Anatomy in Three Dimensions™: The Shoulder	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Anatomy of a Fitness Business	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Anatomy: Reconnect With Your Spine Muscles, by NFPT	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Applying Movement Assessments Effectively	Home Study	0.2	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2010 IDEA Fitness Journal Test 2: Research: Barefoot Running and Static Posture Damage	Home Study	0.2	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Should You Fast Intermittently?	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2014 IDEA Fitness Journal Quiz 2: Exercise for Osteoarthritis Sufferers, & Exercise and Periph	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2014 IDEA Fitness Journal Quiz 3: The Importance of Recovery	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2014 IDEA Fitness Journal Quiz 4: Utilizing Anaerobic Components	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2014 IDEA Fitness Journal Quiz 5: Mind-Body-Spirit News, & Pilates Benefits for the Overweight	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2015 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Burning Calories Postexercise	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2015 IDEA Fitness Journal Quiz 2: Mind-Body News, and Reasons to Avoid Combining Cardio and...	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2015 IDEA Fitness Journal Quiz 3: Training Through Pain	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2015 IDEA Fitness Journal Quiz 4: Reducing Risk Factors for Heart Disease	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	April 2015 IDEA Fitness Journal Quiz 5: Food and Nutrition News, and Easing Stress and Pain With...	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	April 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and the Effects of Weight Training	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	April 2016 IDEA Fitness Journal Quiz 2: Prepare for Summer Water Sports, and Use Hand Portioning	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	April 2016 IDEA Fitness Journal Quiz 3: How the Exercise Gene Affects Workout Programs	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and The Physiology of Fatigue	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 2: The Benefits of Good Posture, and Pilates for Recreational A	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 3: Survival of the Fittest	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 4: Practical Applications for Sprint Interval Training	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Are You Hungry or Stressed?	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Assessment and Corrective Exercise Strategies for Improved Shoulder Function	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	August 2010 IDEA Fitness Journal Test 1: Women's Health: Bone Health Course	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	August 2010 IDEA Fitness Journal Test 2: Nutrition & Protein Intake Course	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	Baby Boomers-The Truth About Stretching!	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Back to Basics With Anatomy	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Balanced Body™: Pilates Smart Core Challenge	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Balancing Hormones for Optimal Weight Loss	Home Study	0.2	12/31/2018	www.idealift.com

IDEA Health & Fitness	Balancing Hormones through Nutrition	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Become a World Class Coach--Top Seven Must Do's to Create Success and Significance	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Beyond Randomness: Exercise Selection Based on Movement Screening	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Blast Your Abs, Glutes and Core -- A Big HIIT With Your Clients	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Can Technology Be Harnessed to Inspire Lasting Behavior Change?	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Carbohydrates-Their Role in Body Composition, Weight Management and Performance	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Cardio-Strength Circuits for Fun and Function!	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Caving to the Craving: The New Science of Food Addiction and Recovery...With a Twist	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Communicating With Your Female Clients for Breakthrough Results	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Complete Program Design for the Obese/Overweight Client	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Core 3x3	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Core Conditioning Combos	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Core Connections: Progression Strategies to Enhance Core Function	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Corrective Exercise for Shoulder Impairments	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Creating Boot Camps for Zoomers	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Creating Emotionally Charged Exercise Experiences	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Creative Circuits--Five Steps to Better Program Design	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Cue Movement and Exercise With Abdominal Anatomy, by NFPT	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Cue Movement and Exercise With Hip Anatomy, by NFPT	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Cut to the Core	Home Study	0.2	12/31/2017	www.idealift.com
IDEA Health & Fitness	December 2010 Fitness Journal: Test 2 Paving the way for a healthy pelvic floor	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	Designing a Self-Myofascial Release Program	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Eat to Win-Enhance Performance and Promote Recovery	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	EXOS™ Every Day is Game Day	Home Study	0.2	12/31/2017	www.idealift.com
IDEA Health & Fitness	EXTREME Equipment-LESS Boot Camp	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Fat-Loss Programming for Your Female Clients	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2011 IDEA Fitness Journal Test 2: Research and Program Design	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	February 2012 IDEA Fitness Journal Quiz 4: HIIT vs. Continuous Endurance Training	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	February 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	February 2014 IDEA Fitness Journal Quiz 2: Combating Sarcopenia, and HIIT for Older adults	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	February 2014 IDEA Fitness Journal Quiz 3: Mind-Body-Spirit News, and Pilates Research Update	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	February 2015 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Best Food Choices	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	February 2015 IDEA Fitness Journal Quiz 2: Benefits of Eccentric Training and Training Elderly...	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	February 2015 IDEA Fitness Journal Quiz 3: Training the Occupational Athlete	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	February 2015 IDEA Fitness Journal Quiz 4: Mind-Body News, and Young Children and Mindfulness	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Key Terminology and Study...	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 2: Boosting the Daily Activity of Office Workers...	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 3: Nutrition News, and Navigating Health Claims on Food Label	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 4: Powerful Health Benefits of Physical Activity	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 5: Understanding Pain	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Preserving Youth with Physic	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 2: Increase Strength With Rowing Machine Exercises, and Rech	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 3: Nutrition News, and Changing Attitudes Toward Food	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 4: Help Clients Find Joy in Movement	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 5: Common Running Injury Recovery and Prevention	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Fit as a Fighter	Home Study	0.2	12/31/2017	www.idealift.com
IDEA Health & Fitness	Fit for Two--Pre- and Postnatal Training	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Food for Thought: Brain, Gut, Microbes, Diet	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	From Neck to Knees...More Than Just Core!	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Functional Balance for the Active Aging Adult, by ActivMotion Bar™	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Functional Circuits for Aging Clients	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Functional Exercise Progressions for Female Clients	Home Study	0.2	12/31/2017	www.idealift.com
IDEA Health & Fitness	Functional Power Training for Older Clients, by FAI	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Fundamental Principles of Upper Body Training--Pushing, Pulling and Pressing, by FMS	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Goodbye Infobesity, Hello Action Plan!	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Group Exercise Applications for Training the Posterior Chain	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Guiding Others to Create Their Healthiest, Most Delicious Life	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Heart Rate Variability - The Science of Recovery Based Training	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Heart-Core Circuit Training: The New Edition	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	HIIT Kickboxing and Drills by Urbankick	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	HIIT Step	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	HIITs Blitz	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	How Hormones and Metabolism Change the Training Game for Females	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	How to Create High Performance Outcomes	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	How to Run Your Own "Drop Two Sizes Challenge"	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	How to Safely Introduce Plyometrics Into Your Clients' Routines	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	I Q U Do: The Art of Intelligent Coaching	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Improve Stability and Posture with a Stability Ball by CHEK Institute	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Innovative Drills for Small-Group Training	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Insights Into Functional Training and Corrective Movement	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Integrated Back Rehabilitation--Regression to Progression Course	Home Study	0.5	12/31/2018	www.idealift.com
IDEA Health & Fitness	Intermittent Fasting-- Science or Fiction?	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Isolation to Integration: Corrective Exercise	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	I've Fallen Now What	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2012 IDEA Fitness Journal Quiz 3: Functional Training for Older Adults	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Functional Glute Training	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2014 IDEA Fitness Journal Quiz 2: Weight-Loss Myths, and Bacteria Boost Gut Health	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2014 IDEA Fitness Journal Quiz 3: Understanding Fat Loss	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2014 IDEA Fitness Journal Quiz 4: Mind-Body News, and Improving Self-Efficacy	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2015 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Seasonal Eating	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2015 IDEA Fitness Journal Quiz 2: Proper Exercise Order for Resistance Training, and Asymme	Home Study	0.1	12/31/2017	www.idealift.com



IDEA Health & Fitness	January 2015 IDEA Fitness Journal Quiz 3: The Effects of Social Media on Body Image	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2015 IDEA Fitness Journal Quiz 4: Understanding the Relationship Between Heart Rate...	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2015 IDEA Fitness Journal Quiz 5: Mind-Body News, and Breaking Mental Habits to Combat Pain	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	January 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and NEAT Effects on Sustained Wei	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2016 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and Protein Distribution	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2016 IDEA Fitness Journal Quiz 3: Effects of Food on Genetic Expression	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2016 IDEA Fitness Journal Quiz 4: Fitness Technology for Kids	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Skeletal Muscular Hypertrophy	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 2: Fitness Professionals and Ageism, and Yoga and Menopause	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 3: Nutrition News, and Do People Need Vitamin and Mineral Sup	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 4: Help Children Build a Strong Fitness Foundation	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 2: Benefits of Short Activity Breaks, and Senior Fitness Pre.	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 3: Tailor Workouts to Meet Clients' Precise Needs	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 4: Small Diet Changes for Big Results	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	July/August 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	July/August 2017 IDEA Fitness Journal Quiz 2: Separating Fact From Fiction in Health News	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	July/August 2017 IDEA Fitness Journal Quiz 3: Ergonomics for Fitness Professionals	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	July-August 2011 IDEA Fitness Journal Quiz 4: Nutrition Policy	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2013 IDEA Fitness Journal Quiz 4: Women's Hormones and Exercise	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Food & Nutrition News	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2014 IDEA Fitness Journal Quiz 2: External Factors and Food Choices	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2014 IDEA Fitness Journal Quiz 3: Catering to Obese Clientele	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2014 IDEA Fitness Journal Quiz 4: Contagiousness of Obesity	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2015 IDEA Fitness Journal Quiz 2: The Pros and Cons of Fitness Technology	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2015 IDEA Fitness Journal Quiz 5: Comparing Suspension Exercise to Traditional Resistanc	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2015 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2015 IDEA Fitness Journal Quiz 3: How Fitness Pros Can Help Underserved Communities	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2015 IDEA Fitness Journal Quiz 4: Integrative Training: The Way of the Future?	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	July-August 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	July-August 2016 IDEA Fitness Journal Quiz 2: End the Cycle of Weight Bias	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	July-August 2016 IDEA Fitness Journal Quiz 3: Abandon Stereotypes When Marketing to Older Adults	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	July-August 2016 IDEA Fitness Journal Quiz 4: Recognizing Mindsets to Become a More Effective Traine	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	June 2011 IDEA Fitness Journal Quiz 2: Research and Heart Rate Training	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Mind-Body-Spirit News Course Type	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2014 IDEA Fitness Journal Quiz 2: Preventing Running Injuries, & Healthy Food Habits From Aroun	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2014 IDEA Fitness Journal Quiz 3: A Holistic Approach to Nutrition World	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2014 IDEA Fitness Journal Quiz 4: Exercise for Depression and Anxiety	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2015 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Comparing Different Styles of Re	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2015 IDEA Fitness Journal Quiz 2: How to Help Your Clients Make Changes	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2015 IDEA Fitness Journal Quiz 3: Mindset Tools for Achieving Results	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2015 IDEA Fitness Journal Quiz 4: Food and Nutrition News, and Budget Superfoods	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2015 IDEA Fitness Journal Quiz 5: Mind-Body News, and Training Caregivers	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	June 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Hot and Cold Treatments for Musc	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	June 2016 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and Capsaicin to Promote Satiety	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	June 2016 IDEA Fitness Journal Quiz 3: Fully Engage With Clients	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	June 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News and Nutrition News	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	June 2017 IDEA Fitness Journal Quiz 2: Benefits of Exercise for Children, and Helping Stroke Survivo	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	June 2017 IDEA Fitness Journal Quiz 3: Coach Clients Through Behavior Change	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Kettlebell Rehab: Hardstyle Methods in Corrective Exercise	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Little Tweaks for Big Results!	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Low-Back Savers	Home Study	0.2	12/31/2017	www.idealift.com
IDEA Health & Fitness	March 2013 Quiz 4: Nutrition and Recovery	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	March 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	March 2014 IDEA Fitness Journal Quiz 2: Periodization Training for Women and How to Train for a Mud	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	March 2014 IDEA Fitness Journal Quiz 3: Burning Belly Fat	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	March 2014 IDEA Fitness Journal Quiz 4: Mind-Body-Spirit News, and Guiding Your Actions with Yamas	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	March 2015 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Mediterranean Diet for Longevity	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	March 2015 IDEA Fitness Journal Quiz 2: Choosing the Right Diet	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	March 2015 IDEA Fitness Journal Quiz 3: Food Labeling	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	March 2015 IDEA Fitness Journal Quiz 4: Mind-Body News, and Holistic Approaches to Health	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	March 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Active Workstation Alternatives	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	March 2016 IDEA Fitness Journal Quiz 2: Brain Neuroplasticity and Aging, and Using Visualization...	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	March 2016 IDEA Fitness Journal Quiz 3: Mindless Eating Solutions	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	March 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	March 2017 IDEA Fitness Journal Quiz 2: Common Athletic Supplements, and Stay Active by Filtering...	Home Study	1.0	12/31/2018	www.idealift.com
IDEA Health & Fitness	March 2017 IDEA Fitness Journal Quiz 3: Effect of Evidence on Experts' Eating Habits	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	May 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Proper Nutrition Communication	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	May 2014 IDEA Fitness Journal Quiz 2: Health Benefits of HIIT, and Outdoor Exercise	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	May 2014 IDEA Fitness Journal Quiz 3: Finding the Missing Training Link	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	May 2014 IDEA Fitness Journal Quiz 4: Staying Fit Throughout Pregnancy	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	May 2014 IDEA Fitness Journal Quiz 5: Mind-Body-Spirit News, and Growing Your Leadership Skills	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	May 2015 IDEA Fitness Journal Quiz 1: Mind-Body News, and What Makes People Gain Weight Over the Lon	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	May 2015 IDEA Fitness Journal Quiz 2: Why Instructions Don't Get Through to Your Clients--and How to	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	May 2015 IDEA Fitness Journal Quiz 3: Youth Athletics: Put Excitement Back Into Play	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	May 2015 IDEA Fitness Journal Quiz 4: Food for Thought, and Discussing Nutrition With Clients	Home Study	0.1	12/31/2017	www.idealift.com
IDEA Health & Fitness	May 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Peripheral Heart Action Training	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	May 2016 IDEA Fitness Journal Quiz 2: Fall Prevention Strategies for Older Adults, and Tips for Eati	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	May 2016 IDEA Fitness Journal Quiz 3: Factors in Low Testosterone	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	May 2016 IDEA Fitness Journal Quiz 4: Get Clients Walking More	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	May 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Periodized Weight -Training for W	Home Study	0.1	12/31/2018	http://www.idealift.com

IDEA Health & Fitness	May 2017 IDEA Fitness Journal Quiz 2: Water Fitness Trends	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">http://www.idealift.com</a>
IDEA Health & Fitness	May 2017 IDEA Fitness Journal Quiz 3: Coach Clients Through Behavior Change	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Metabolic Meltdown	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Motivational Interviewing Skills Produce Targeted Results	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	New Insights into Chronic Pain	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	New Research on Protein, Metabolism, and Recovery	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Nov-Dec 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Food & Nutrition News	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Nov-Dec 2014 IDEA Fitness Journal Quiz 2: Improving Memory Through Exercise, and Exercise Programming	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Nov-Dec 2014 IDEA Fitness Journal Quiz 3: Understanding the Affordable Care Act	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Nov-Dec 2014 IDEA Fitness Journal Quiz 4: Navigating Knee and Hip Replacements	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Nov-Dec 2014 IDEA Fitness Journal Quiz 5: Mind-Body News, and Adding Reiki to Exercise Programs	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2012 IDEA Fitness Journal Quiz 3: Perimenopause	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2012 IDEA Fitness Journal Quiz 4: Women's Health	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2013 IDEA Fitness Journal Quiz 5: Training the Masters Athlete	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2013 IDEA Food and Nutrition Tips Quiz 1: Navigating Food Labels	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2013 IDEA Fitness Journal Quiz 4: Sleep for Improved Athletic Performance	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2014 IDEA Food and Nutrition Tips Quiz 1: Using Supermarket Dietitians, and Common	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2014 IDEA Food and Nutrition Tips Quiz 2: Uncovering Dieting Myths	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2015 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Ultra-Endurance	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2015 IDEA Fitness Journal Quiz 2: Mind-Body News, and Benefits of Food Variety	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2015 IDEA Food and Nutrition Tips Quiz 1: Snacking Trends, Nutrients and Recommend	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2015 IDEA Food and Nutrition Tips Quiz 2: Fiber and Gut Health	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and New Studies on Anti	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2016 IDEA Fitness Journal Quiz 2: Nutrition News, and Ankle Sprain Recovery and Pr	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2016 IDEA Fitness Journal Quiz 3: Coach the Family as a Whole	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2016 IDEA Fitness Journal Quiz 4: Physical Activity for Cancer Recovery and Preven	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	November-December 2016 IDEA Food and Nutrition Tips Quiz 1: Plant-Based Options for Protein	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 2	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 3	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 4	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	November-December 2017 IDEA Food and Nutrition Tips Quiz 1	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 1	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	Nutrition Basics and Nutrient Timing: What All Fitness Professionals Should Know	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Nutrition Myth Busters: Science Fact or Fiction?	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2011 IDEA Fitness Journal Quiz 3: Nutrition, and Minerals and Macronutrients	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2013 IDEA Fitness Journal Quiz 3: Correcting Shoulder Form and Function	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Food & Nutrition News	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2014 IDEA Fitness Journal Quiz 2: Straightening Out Saturated Fat, and Using Self Myofascial	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2014 IDEA Fitness Journal Quiz 3: Male-Centric Wellness Issues	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2014 IDEA Fitness Journal Quiz 4: Mind-Body News, and Changing the Why Behind Workouts	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2015 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Mind-Body	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2015 IDEA Fitness Journal Quiz 2: Solution for Pain of Exhaustive Exercise and Programming 5	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Dieting and the Latest Scienc	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2016 IDEA Fitness Journal Quiz 2: Anticipate the Needs of Older Clients, and Understand the	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2016 IDEA Fitness Journal Quiz 3: Exploring Reasons for Low Thyroid Function	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Understanding Protein Supplem	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 2: Exercises for Shoulder Injury Prevention, and A Practical	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Understanding Overeating	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 4: Support Clients With Disordered Eating	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Olympic Lifting - The Mechanics and Progressions, by RedCon™	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	One-on-One Partner Training	Home Study	0.2	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Optimize Function and Mobility With Strong and Stable Shoulders and Glutes	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Pilates 50/50	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Pilates on the Ball	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Posture Improvement Workshop	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Power Core for Sports and Fitness Performance	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Precision Nutrition: How to Fix a Broken Diet—Three Ways to Get Your Eating on Track	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Promote Behavior Change With Better Coaching	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Protein Overload: Are You Eating More Than You Need?	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Proven Strategies to Build Your Brand Using YouTube	Home Study	2.0	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Push, Pull, Bend, Twist, Squat And Lunge!	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Putting Heart into Mind-Body Training	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Quick Fix Workouts	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Restoring Fundamental Movement Patterns with Corrective Strategies	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Rock Solid!	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Run, Injury Free! Understanding Impact Forces, by EBFA	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Scapular Stability: Shouldering the Load	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2012 IDEA Fitness Journal Quiz 3: Research, and Senior Fitness	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2014 IDEA Fitness Journal Quiz 1: Health & Fitness News, and Supplement Use	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2014 IDEA Fitness Journal Quiz 2: Understanding Anemia and MMA for All	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2014 IDEA Fitness Journal Quiz 3: Programming for Diabetic Clients	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2014 IDEA Fitness Journal Quiz 4: Mind-Body News and Pilates and Neck Pain	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2015 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Squat Variability	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2015 IDEA Fitness Journal Quiz 2: Research on Popular Fitness Topics, and Best Foods for 5	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2015 IDEA Fitness Journal Quiz 3: Exercise Habits of Children	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2015 IDEA Fitness Journal Quiz 4: Mind-Body News, and The Best Exercises for Keeping Bones	Home Study	0.1	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Dieting and Weight Regain	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 2: Help Golfers Improve Their Game and Avoid Injury, and Ov	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Veggie-Focused Nutrition an	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 4: Make the Gym an Inclusive Environment for Special Popula	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 5: HIT for Endurance Athletes	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>

IDEA Health & Fitness	September 2017 IDEA Fitness Journal Quiz 1: Functional Aging	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">http://www.idealift.com</a>
IDEA Health & Fitness	September 2017 IDEA Fitness Journal Quiz 2: Sports Nutrition	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">http://www.idealift.com</a>
IDEA Health & Fitness	September 2017 IDEA Fitness Journal Quiz 3: Brain Health	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">http://www.idealift.com</a>
IDEA Health & Fitness	Shouldering The Load From The Ground Up	Home Study	0.2	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Six Steps to Better Program Design	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Smart Programming for the Peri- and Postmenopausal Woman	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Solutions for Training Postpregnancy Clients	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Spinal Stabilization Versus Pelvic Stabilization	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Start 2 Finish: Small-Group Sports Conditioning	Home Study	0.2	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Strength and Conditioning Games for Improved Fitness and Performance	Home Study	0.3	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Strength Training Program Design (For Group Exercise)	Home Study	0.3	12/31/2017	<a href="http://www.idealift.com/node/18404">http://www.idealift.com/node/18404</a>
IDEA Health & Fitness	Techniques to Rehabilitate and Protect the Knees	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Aging Club Member Crisis	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Better, Not Perfect, Nutrition Plan	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Business of Group Exercise – Beyond the Numbers	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The BYOB Workout	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Complete Idiot's Guide to Plant-Based Nutrition	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Dirty Dozen – Program Design for Group Strength	Home Study	0.2	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Eight Essentials of Program Design	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Female Physique-The Link Between Nutrition, Hormones and Strength Training	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Forgotten Five: Essential Muscles for Functional Movement	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Gluteals and Their Link to Low-Back Pain	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Hidden Messages in Food	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Matrix – Innovative Group Strength Design	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The New ACE Integrated Fitness Training Model	Home Study	0.6	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Next Wave in Corrective Exercise: Rhythm and Timing	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Science and Application of Metabolic Training	Home Study	0.2	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Science of Functional Aging	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	The Ultimate Light Dumbbell Workout	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Three Technologies to Engage and Empower Clients Inside and Outside the Session	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Three-Dimensional Kettlebell Training, by Functional Training Institute	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Today's Food Conversation	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Todd Durkin's Boot Camp	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Total Massage, Relaxation and Beyond	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Training Fascia – Research Developments in Fibrous Connective Tissue Training	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Training the Female Client	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Training the Pregnant Athlete	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	TriggerPoint™ for Movement: Hip and Shoulder Mobility	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	TriggerPoint™: Myofascial Compression™ Techniques for Injury Prevention and Better Movement	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	TRX® Essentials for Personal Training	Home Study	0.3	12/31/2018	<a href="http://www.idealift.com/node/1329491">www.idealift.com/node/1329491</a>
IDEA Health & Fitness	TRX® Rip™ Training Foundations	Home Study	0.3	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	TRX® Rip™ Training: Sports Performance	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	TRX®-Training for Active Seniors	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Turbo Tabata	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Ultimate Back Exercises for Injury Prevention and Performance	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Understanding and Interpreting the Functional Movement Screen	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Understanding the Female Pelvic Core Neuromuscular System	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Using Function to Avoid Dysfunction in Aging	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	VIPIR Movement Preparation	Home Study	0.2	12/31/2017	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Vital Anatomy-Functional Applications	Home Study	0.3	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Weighing The Evidence Behind Nutrition Research	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Winning at Losing- Weight Management Made Simple	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Winning Group Strength Program Design	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Women, Metabolism and the Hormonal Highway!	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Women, Weights and Results	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	XIT Extreme Interval Training: 2nd Edition	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Yoga Progressions and Regressions	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Yoga: Adjust Me Puhleeeeee!	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Your Guide to Stronger Legs and Great Glutes!	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	10 New BIG Things in Small-Group Training	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	A Different Look at Core Training: The Backside	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Abdominal and Core for the Aging Spine	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	ACE IFT® - Integrated Fitness Training®	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	ACE IFT®-Training Strategies for Clients with Chronic Conditions	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	ACSM: Exercise Is Medicine (EIM) –From Doctor to Trainer to Client Success!	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Active Resistance Training® Total Body Mat Practice	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Advanced Corrective Exercise	Home Study	0.3	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Aging Strong	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	American Council on Exercise (ACE): Small-Group Training Workshop	Home Study	0.5	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	An Introduction to Holistic Nutrition	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Anatomy in Three Dimensions™: Common Knee Problems and Solutions	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Anatomy in Three Dimensions™: The Shoulder	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Anatomy of a Fitness Business	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	Anatomy: Reconnect With Your Spine Muscles, by NFPT	Home Study	0.2	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	April 2015 IDEA Fitness Journal Quiz 4: Reducing Risk Factors for Heart Disease	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	April 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and the Effects of Weight Training	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	April 2016 IDEA Fitness Journal Quiz 2: Prepare for Summer Water Sports, and Use Hand Portioning	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	April 2016 IDEA Fitness Journal Quiz 3: How the Exercise Gene Affects Workout Programs	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and The Physiology of Fatigue	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 2: The Benefits of Good Posture, and Pilates for Recreational A	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 3: Survival of the Fittest	Home Study	0.1	12/31/2018	<a href="http://www.idealift.com">www.idealift.com</a>

IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 4: Practical Applications for Sprint Interval Training	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Are You Hungry or Stressed?	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Assessment and Corrective Exercise Strategies for Improved Shoulder Function	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Baby Boomers-The Truth About Stretching!	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Back to Basics With Anatomy	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Balanced Body™: Pilates Smart Core Challenge	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Balancing Hormones for Optimal Weight Loss	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Balancing Hormones through Nutrition	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Become a World Class Coach--Top Seven Must Do's to Create Success and Significance	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Beyond Randomness: Exercise Selection Based on Movement Screening	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Blast Your Abs, Glutes and Core -- A Big HIIT With Your Clients	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Can Technology Be Harnessed to Inspire Lasting Behavior Change?	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Carbohydrates-Their Role in Body Composition, Weight Management and Performance	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Cardio-Strength Circuits for Fun and Function!	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Caving to the Craving: The New Science of Food Addiction and Recovery...With a Twist	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Communicating With Your Female Clients for Breakthrough Results	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Complete Program Design for the Obese/Overweight Client	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Core 3x3	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Core Conditioning Combos	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Core Connections: Progression Strategies to Enhance Core Function	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Corrective Exercise for Shoulder Impairments	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Creating Boot Camps for Zoomers	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Creating Emotionally Charged Exercise Experiences	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Creative Circuits--Five Steps to Better Program Design	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Cue Movement and Exercise With Abdominal Anatomy, by NFPT	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Cue Movement and Exercise With Hip Anatomy, by NFPT	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Designing a Self-Myofascial Release Program	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Eat to Win-Enhance Performance and Promote Recovery	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	EXTREME Equipment-LESS Boot Camp	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Fat-Loss Programming for Your Female Clients	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Key Terminology and Study...	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 2: Boosting the Daily Activity of Office Workers...	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 3: Nutrition News, and Navigating Health Claims on Food Labels	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 4: Powerful Health Benefits of Physical Activity	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2016 IDEA Fitness Journal Quiz 5: Understanding Pain	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Preserving Youth with Physic	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 2: Increase Strength With Rowing Machine Exercises, and Rech	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 3: Nutrition News, and Changing Attitudes Toward Food	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 4: Help Clients Find Joy in Movement	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 5: Common Running Injury Recovery and Prevention	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Fit for Two--Pre--and Postnatal Training	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Food for Thought: Brain, Gut, Microbes, Diet	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	From Neck to Knees...More Than Just Core!	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Functional Balance for the Active Aging Adult, by ActivMotion Bar™	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Functional Circuits for Aging Clients	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Functional Power Training for Older Clients, by FAI	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Fundamental Principles of Upper Body Training--Pushing, Pulling and Pressing, by FMS	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Goodbye Infobesity, Hello Action Plan!	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Group Exercise Applications for Training the Posterior Chain	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Guiding Others to Create Their Healthiest, Most Delicious Life	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Heart Rate Variability - The Science of Recovery Based Training	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Heart-Core Circuit Training: The New Edition	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	HIIT Kickboxing and Drills by UrbanKick	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	HIIT Step	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	HIITs Blitz	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	How Hormones and Metabolism Change the Training Game for Females	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	How to Create High Performance Outcomes	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	How to Run Your Own "Drop Two Sizes Challenge"	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	How to Safely Introduce Plyometrics Into Your Clients' Routines	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	I Q U Do: The Art of Intelligent Coaching	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Improve Stability and Posture with a Stability Ball by CHEK Institute	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Innovative Drills for Small-Group Training	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Insights Into Functional Training and Corrective Movement	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Integrated Back Rehabilitation--Regression to Progression Course	Home Study	0.5	12/31/2018	www.idealift.com
IDEA Health & Fitness	Intermittent Fasting -- Science or Fiction?	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Isolation to Integration: Corrective Exercise	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and NEAT Effects on Sustained Wei	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2016 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and Protein Distribution	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2016 IDEA Fitness Journal Quiz 3: Effects of Food on Genetic Expression	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2016 IDEA Fitness Journal Quiz 4: Fitness Technology for Kids	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Skeletal Muscular Hypertrophy	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 2: Fitness Professionals and Ageism, and Yoga and Menopause	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 3: Nutrition News, and Do People Need Vitamin and Mineral Sup	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 4: Help Children Build a Strong Fitness Foundation	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 2: Benefits of Short Activity Breaks, and Senior Fitness Pre.	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 3: Tailor Workouts to Meet Clients' Precise Needs	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 4: Small Diet Changes for Big Results	Home Study	0.1	12/31/2018	
IDEA Health & Fitness	July/August 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	July/August 2017 IDEA Fitness Journal Quiz 2: Separating Fact From Fiction in Health News	Home Study	0.1	12/31/2018	http://www.idealift.com
IDEA Health & Fitness	July/August 2017 IDEA Fitness Journal Quiz 3: Ergonomics for Fitness Professionals	Home Study	0.1	12/31/2018	http://www.idealift.com

IDEA Health & Fitness	July-August 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	July-August 2016 IDEA Fitness Journal Quiz 2: End the Cycle of Weight Bias	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	July-August 2016 IDEA Fitness Journal Quiz 3: Abandon Stereotypes When Marketing to Older Adults	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	July-August 2016 IDEA Fitness Journal Quiz 4: Recognizing Mindsets to Become a More Effective Trainer	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	June 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Hot and Cold Treatments for Muscle	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	June 2016 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and Capsaicin to Promote Satiety	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	June 2016 IDEA Fitness Journal Quiz 3: Fully Engage With Clients	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	June 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News and Nutrition News	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	June 2017 IDEA Fitness Journal Quiz 2: Benefits of Exercise for Children, and Helping Stroke Survivors	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	June 2017 IDEA Fitness Journal Quiz 3: Coach Clients Through Behavior Change	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	Kettlebell Rehab: Hardstyle Methods in Corrective Exercise	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Little Tweaks for Big Results!	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	March 2015 IDEA Fitness Journal Quiz 2: Choosing the Right Diet	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	March 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Active Workstation Alternatives	Home Study	0.1	12/31/2018	http://www.idealife.com
IDEA Health & Fitness	March 2016 IDEA Fitness Journal Quiz 2: Brain Neuroplasticity and Aging, and Using Visualization...	Home Study	0.1	12/31/2018	http://www.idealife.com
IDEA Health & Fitness	March 2016 IDEA Fitness Journal Quiz 3: Mindless Eating Solutions	Home Study	0.1	12/31/2018	http://www.idealife.com
IDEA Health & Fitness	March 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	March 2017 IDEA Fitness Journal Quiz 2: Common Athletic Supplements, and Stay Active by Filtering...	Home Study	1.0	12/31/2018	www.idealife.com
IDEA Health & Fitness	March 2017 IDEA Fitness Journal Quiz 3: Effect of Evidence on Experts' Eating Habits	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	May 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Peripheral Heart Action Training	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	May 2016 IDEA Fitness Journal Quiz 2: Fall Prevention Strategies for Older Adults, and Tips for Eating	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	May 2016 IDEA Fitness Journal Quiz 3: Factors in Low Testosterone	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	May 2016 IDEA Fitness Journal Quiz 4: Get Clients Walking More	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	May 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Periodized Weight -Training for Women	Home Study	0.1	12/31/2018	http://www.idealife.com
IDEA Health & Fitness	May 2017 IDEA Fitness Journal Quiz 2: Water Fitness Trends	Home Study	0.1	12/31/2018	http://www.idealife.com
IDEA Health & Fitness	Metabolic Meltdown	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Motivational Interviewing Skills Produce Targeted Results	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	New Insights into Chronic Pain	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	New Research on Protein, Metabolism, and Recovery	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2015 IDEA Food and Nutrition Tips Quiz 2: Fiber and Gut Health	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2016 IDEA Fitness Journal Quiz 2: Nutrition News, and Ankle Sprain Recovery and Prevention	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2016 IDEA Fitness Journal Quiz 3: Coach the Family as a Whole	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2016 IDEA Fitness Journal Quiz 4: Physical Activity for Cancer Recovery and Prevention	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2016 IDEA Food and Nutrition Tips Quiz 1: Plant-Based Options for Protein	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 2	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 3	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 4	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2017 IDEA Food and Nutrition Tips Quiz 1	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 1	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	Nutrition Basics and Nutrient Timing: What All Fitness Professionals Should Know	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Nutrition Myth Busters: Science Fact or Fiction?	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	October 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Dieting and the Latest Science	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	October 2016 IDEA Fitness Journal Quiz 2: Anticipate the Needs of Older Clients, and Understand the Client	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	October 2016 IDEA Fitness Journal Quiz 3: Exploring Reasons for Low Thyroid Function	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Understanding Protein Supplements	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 2: Exercises for Shoulder Injury Prevention, and A Practical Approach	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Understanding Overeating	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 4: Support Clients With Disordered Eating	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	Olympic Lifting - The Mechanics and Progressions, by RedCon™	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Optimize Function and Mobility With Strong and Stable Shoulders and Glutes	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Pilates 50/50	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Pilates on the Ball	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	Posture Improvement Workshop	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Power Core for Sports and Fitness Performance	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Precision Nutrition: How to Fix a Broken Diet—Three Ways to Get Your Eating on Track	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Promote Behavior Change With Better Coaching	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	Protein Overload: Are You Eating More Than You Need?	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Proven Strategies to Build Your Brand Using YouTube	Home Study	2.0	12/31/2018	www.idealife.com
IDEA Health & Fitness	Push, Pull, Bend, Twist, Squat And Lunge!	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Putting Heart into Mind-Body Training	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Quick Fix Workouts	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Restoring Fundamental Movement Patterns with Corrective Strategies	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Rock Solid!	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	Run, Injury Free! Understanding Impact Forces, by EBFA	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Scapular Stability: Shouldering the Load	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Dieting and Weight Regain	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 2: Help Golfers Improve Their Game and Avoid Injury, and Overcoming	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Veggie-Focused Nutrition and Hydration	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 4: Make the Gym an Inclusive Environment for Special Populations	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	September 2016 IDEA Fitness Journal Quiz 5: HIIT for Endurance Athletes	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	September 2017 IDEA Fitness Journal Quiz 1: Functional Aging	Home Study	0.1	12/31/2018	http://www.idealife.com
IDEA Health & Fitness	September 2017 IDEA Fitness Journal Quiz 2: Sports Nutrition	Home Study	0.1	12/31/2018	http://www.idealife.com
IDEA Health & Fitness	September 2017 IDEA Fitness Journal Quiz 3: Brain Health	Home Study	0.1	12/31/2018	http://www.idealife.com
IDEA Health & Fitness	Six Steps to Better Program Design	Home Study	0.1	12/31/2018	www.idealife.com
IDEA Health & Fitness	Smart Programming for the Peri- and Postmenopausal Woman	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Solutions for Training Postpregnancy Clients	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Spinal Stabilization Versus Pelvic Stabilization	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	Strength and Conditioning Games for Improved Fitness and Performance	Home Study	0.3	12/31/2018	www.idealife.com
IDEA Health & Fitness	Techniques to Rehabilitate and Protect the Knees	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	The Aging Club Member Crisis	Home Study	0.2	12/31/2018	www.idealife.com
IDEA Health & Fitness	The Better, Not Perfect, Nutrition Plan	Home Study	0.2	12/31/2018	www.idealife.com

IDEA Health & Fitness	The Business of Group Exercise – Beyond the Numbers	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The BYOB Workout	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Complete Idiot's Guide to Plant-Based Nutrition	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Eight Essentials of Program Design	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Female Physique-The Link Between Nutrition, Hormones and Strength Training	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Forgotten Five: Essential Muscles for Functional Movement	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Gluteals and Their Link to Low-Back Pain	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Hidden Messages in Food	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Matrix – Innovative Group Strength Design	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The New ACE Integrated Fitness Training Model	Home Study	0.6	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Next Wave in Corrective Exercise: Rhythm and Timing	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Science of Functional Aging	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	The Ultimate Light Dumbbell Workout	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Three Technologies to Engage and Empower Clients Inside and Outside the Session	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Three-Dimensional Kettlebell Training, by Functional Training Institute	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Today's Food Conversation	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Todd Durkin's Boot Camp	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Total Massage, Relaxation and Beyond	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Training Fascia - Research Developments in Fibrous Connective Tissue Training	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Training the Female Client	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Training the Pregnant Athlete	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	TriggerPoint™ for Movement: Hip and Shoulder Mobility	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	TriggerPoint™: Myofascial Compression™ Techniques for Injury Prevention and Better Movement	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	TRX® Essentials for Personal Training	Home Study	0.3	12/31/2018	www.idealift.com/node/1329491
IDEA Health & Fitness	TRX® Rip™ Training: Sports Performance	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	TRX®-Training for Active Seniors	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Turbo Tabata	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Ultimate Back Exercises for Injury Prevention and Performance	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Understanding and Interpreting the Functional Movement Screen	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Understanding the Female Pelvic Core Neuromuscular System	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Using Function to Avoid Dysfunction in Aging	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Vital Anatomy-Functional Applications	Home Study	0.3	12/31/2018	www.idealift.com
IDEA Health & Fitness	Weighing The Evidence Behind Nutrition Research	Home Study	0.1	12/31/2018	www.idealift.com
IDEA Health & Fitness	Winning at Losing: Weight Management Made Simple	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Winning Group Strength Program Design	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Women, Metabolism and the Hormonal Highway!	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Women, Weights and Results	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	XIT Extreme Interval Training: 2nd Edition	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Yoga Progressions and Regressions	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Yoga: Adjust Me Puhleeeeee!	Home Study	0.2	12/31/2018	www.idealift.com
IDEA Health & Fitness	Your Guide to Stronger Legs and Great Glutes!	Home Study	0.1	12/31/2018	www.idealift.com
IKSFA-International Kettlebell Sport & Fitness Academy	IKSFA Kettlebell Sport Coach Level 2	Workshop/Seminar	1.4	12/31/2017	www.iksfa.com
IKSFA-International Kettlebell Sport & Fitness Academy	IKSFA Kettlebell Sport Coach-Level 1	Workshop/Seminar	1.6	12/31/2017	www.iksfa.com
In Health and Happiness	Postpartum Health and Happiness Through Exercise and Nutrition	Home Study	1.0	12/31/2017	www.inhealthandhappiness.com
In Health and Happiness	Prenatal Health and Happiness Through Exercise and Nutrition	Home Study	1.0	12/31/2017	www.inhealthandhappiness.com
inBalance with Hope Pedraza	inBalance Barre Instructor Certification	Workshop/Seminar	1.9	12/31/2017	inbalancesanantonio.com
Indoor Cycling	ICG Aging and Adaptation	Home Study	0.4	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG Coach by Color LIVE Power: Play Program	Workshop/Seminar	0.8	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG Coach by Color Power Program	Home Study	0.8	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG COMPETITIVE CYCLING	Home Study	0.4	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG DRI TRI	Home Study	0.4	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG MUSIC AND MOTION	Home Study	0.3	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG NUTRITION	Home Study	0.4	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG OVERTRAINING	Home Study	0.4	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG PERIODIZATION IN TRAINING	Home Study	0.4	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG Stages-Workshop	Workshop/Seminar	0.8	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG Stretching	Home Study	0.4	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG Survivor (Working with Cancer Survivors)	Home Study	0.4	12/31/2017	www.ic-pro.org
Indoor Cycling	ICG Watrrete Power Certification – Stage 1	Home Study	0.8	12/31/2017	www.ic-pro.org
Indoor Cycling	Myride+ Live; The Ergogenic Effect of Combining Music with Video	Workshop/Seminar	0.6	12/31/2017	www.ic-pro.org
Indoor Cycling	Myride+ Online The Ergogenic Effect of Combining Music with Video	Home Study	0.3	12/31/2017	www.ic-pro.org
Induro Cycling Studios, Inc	Induro Cycling Facilitator Training Distance Learning	Home Study	0.4	12/31/2017	http://www.indurocycling.com/certifications/facilitators/
Induro Cycling Studios, Inc	Induro Instructor Workshop	Workshop/Seminar	0.7	12/31/2017	www.indurocycling.com
Inner Sprout-Kinected	FAMI (Functional Anatomy for Movement and Injuries)	Workshop/Seminar	1.9	12/31/2017	http://famiworkshop.com
Innovative Fitness Solutions dba Ultimate Sandbag Training	DVRT Level I	Workshop/Seminar	0.8	12/31/2017	www.UltimateSandbagTraining.com
Innovative Fitness Solutions dba Ultimate Sandbag Training	DVRT Level II	Workshop/Seminar	0.8	12/31/2017	www.DVRTFitness.com
Innovative Fitness Solutions dba Ultimate Sandbag Training	DVRT One Day Workshop (updated)	Workshop/Seminar	0.5	12/31/2017	DVRTFitness.com
Innovative Fitness Solutions dba Ultimate Sandbag Training	DVRT Restoration	Home Study	1.6	12/31/2017	ultimatesandbagtraining.com
Inspire Fitness Academy	Body Weight Suspended Trainer	Workshop/Seminar	0.8	12/31/2017	www.inspire.edu.lb
Inspired AthleTx Performance Academy	Level 1 Program Development	Workshop/Seminar	1.2	12/31/2017	inspiredathleTx.com
Institute of Motion (IoM)	4Q Programming Specialist	Home Study	0.3	12/31/2017	www.instituteofmotion.com
Institute of Motion (IoM)	Anatomy Live Expanded	Workshop/Seminar	1.9	12/31/2017	www.instituteofmotion.com
Institute of Motion (IoM)	Anatomy Live!	Workshop/Seminar	1.4	12/31/2017	www.instituteofmotion.com
Institute of Motion (IoM)	Effective and Complete Program Design for the Fitness Professional: The 4Q Model of	Workshop/Seminar	0.7	12/31/2017	http://www.instituteofmotion.com
Institute of Motion (IoM)	Institute of Motion Level I Mentorship	Workshop/Seminar	1.9	12/31/2017	www.instituteofmotion.com
Institute of Motion (IoM)	Institute of Motion Level II Mentorship	Workshop/Seminar	1.9	12/31/2017	www.instituteofmotion.com
Interactive Fitness Trainers of America (IFTA)	ATHLETIC INTERVALS	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	BARRE CONDITIONING	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	BUILD YOUR BODY	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	EQUIPMENTLESS WORKOUT	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	ESSENTIALS OF TEACHING	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com

Interactive Fitness Trainers of America (IFTA)	FLOWING FLEXIBILITY	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	HARD CORE CONDITIONING	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	LEARN TO TEACH	Workshop/Seminar	0.8	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	MUSCLE AND MORE	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	POWERTRAIN	Workshop/Seminar	0.4	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	PT AND GROUP LECTURE	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	TOTAL BODY CONDITIONING AND CORE	Workshop/Seminar	0.2	12/31/2017	www.ifta-fitness.com
International Ballet Barre Fitness Association-IBBFA	Barre Level 1- Fundamental of Barre Technique	Workshop/Seminar	1.9	12/31/2017	https://barrecertification.com/
International Fitness Group Institute	Impulse Body Fitness ( EMS Electro Fitness )	Workshop/Seminar	1.2	12/31/2017	www.impulsebodyfitness.com
International Fitness Group Institute	The Mohey Method Workshop	Workshop/Seminar	1.3	12/31/2018	http://www.impulsebodyfitness.com
International Fitness Group Institute	The Mohey Method Workshop	Workshop/Seminar	1.3	12/31/2018	http://www.impulsebodyfitness.com
International Health and Fitness Institute (IHFI)	IHFI Back Care Exercise Trainer Course	Workshop/Seminar	1.9	12/31/2017	www.ihfi.org
International Society of Sports Nutrition (ISSN)	2017 Canada Conference on Sports Nutrition and Training - Univ of Regina	Workshop/Seminar	0.6	12/31/2017	http://www.sportsnutritionssociety.org
International Society of Sports Nutrition (ISSN)	2017 KSU ISSN Conference	Workshop/Seminar	0.6	12/31/2017	www.sportsnutritionssociety.org
Intrinsic Solutions, International (a dba of Totally Coached, Inc.)	Intrinsic Coach® Series	Workshop/Seminar	1.9	12/31/2017	http://isintl.com
IRON ANKLES	Iron Ankles Trainer Course	Workshop/Seminar	0.6	12/31/2017	www.ironankles.com
ISFTA	Enriching Alternative Medicine with Essential Oils	Workshop/Seminar	0.6	12/31/2017	www.isfta.com
ISFTA	Holistic Health Practices	Workshop/Seminar	1.5	12/31/2017	www.isfta.com
ISFTA	Self Myofascial Release: Foam Rolling Techniques	Workshop/Seminar	0.8	12/31/2017	www.isfta.com
James Menz	Advanced Muscle Function	Workshop/Seminar	0.7	12/31/2017	www.professormenz.com
Jenni Lynn Fitness	S'WET Boot Camp	Workshop/Seminar	0.3	12/31/2017	www.jennilynnfitness.com
Jenni Lynn Fitness	S'WET Challenge	Workshop/Seminar	0.3	12/31/2017	www.jennilynnfitness.com
Jenni Lynn Fitness	S'WET Deep	Workshop/Seminar	0.3	12/31/2017	http://www.jennilynnfitness.com
Jessi Haggerty RDN, CPT	Nutrition & Body Image Coaching Skills for Personal Trainers	Workshop/Seminar	0.6	12/31/2017	http://www.JessiHaggerty.com/cptceus
JoanieFit, LLC	Above the Core	Workshop/Seminar	0.8	12/31/2017	www.joaniefit.com
Julio A. Salado	BREAK OUT or Breaking Even: 3 Step Method for Proven Long-Term Weight Loss	Workshop/Seminar	0.3	12/31/2018	https://www.fitnessfoundry.net
Julio A. Salado	BREAK OUT or Breaking Even: 3 Step Method for Proven Long-Term Weight Loss	Workshop/Seminar	0.3	12/31/2018	https://www.fitnessfoundry.net
JYKinesiology, LLC	Concepts in Medical Fitness – Designing Programs for People with Disease and Joint Pain	Home Study	0.4	12/31/2017	www.JYKinesiology.com
JYKinesiology, LLC	Concepts in Medical Fitness – Program Design and Application	Workshop/Seminar	0.3	12/31/2018	www.JYKinesiology.com
JYKinesiology, LLC	Exercise Technique - Lower Body Biomechanics	Workshop/Seminar	0.3	12/31/2018	
JYKinesiology, LLC	Exercise Technique - Upper Body Biomechanics	Workshop/Seminar	0.3	12/31/2018	
JYKinesiology, LLC	Integrating Exercise Science and Corrective Exercise Guidelines	Workshop/Seminar	0.3	12/31/2018	
JYKinesiology, LLC	Concepts in Medical Fitness – Program Design and Application	Workshop/Seminar	0.3	12/31/2018	www.JYKinesiology.com
JYKinesiology, LLC	Exercise Technique - Lower Body Biomechanics	Workshop/Seminar	0.3	12/31/2018	
JYKinesiology, LLC	Exercise Technique - Upper Body Biomechanics	Workshop/Seminar	0.3	12/31/2018	
JYKinesiology, LLC	Integrating Exercise Science and Corrective Exercise Guidelines	Workshop/Seminar	0.3	12/31/2018	
K9 Fit Club	K9 Fit Club Core Certification	Home Study	1.7	12/31/2017	www.k9fitclub.com
Kangoo Jumps Fitness	Kangoo Boot Camp	Workshop/Seminar	0.8	12/31/2017	www.kjfit.com
Kangoo Jumps Fitness	Kangoo Dance	Workshop/Seminar	0.5	12/31/2017	www.kjfit.com
Kangoo Jumps Fitness	Kangoo Discovery	Workshop/Seminar	0.8	12/31/2017	www.kjfit.com
Kangoo Jumps Fitness	Kangoo Power	Workshop/Seminar	1.6	12/31/2017	www.kjfit.com
Kangoo Jumps Fitness	KI Kick&Punch	Workshop/Seminar	0.8	12/31/2017	www.kjfit.com
Keiser Corporation	ACCELERATE	Workshop/Seminar	0.3	12/31/2017	www.keiser.com
Keiser Corporation	EMPOWERED	Workshop/Seminar	0.3	12/31/2017	www.keiser.com
Keiser Corporation	KEISER® FOUNDATIONS COURSE	Workshop/Seminar	0.8	12/31/2017	www.keiser.com
Keiser Corporation	Pneumatic Resistance for Program Design	Workshop/Seminar	0.2	12/31/2017	www.Keiser.com
Keiser Corporation	PowerED: FOUNDATIONS	Workshop/Seminar	0.8	12/31/2017	www.keiser.com
Kelley McCarthy Cerny	Barre Soiree Level 1 Instructor Training	Workshop/Seminar	0.8	12/31/2017	www.shakashakti.com
Kettlebell Athletics	Kettlebell Athletics - Level 1	Workshop/Seminar	1.2	12/31/2017	www.KettlebellAthletics.com
Kettlebell Athletics	Kettlebell Athletics Level 2 - Beyond the Basics	Workshop/Seminar	1.2	12/31/2017	www.KettlebellAthletics.com
Kinesics Human Movement Systems	Kinesics Evaluation Course (KEC)	Home Study	0.5	12/31/2017	http://www.kinesicschms.com
Kinesics Human Movement Systems	KTC 1: Kinesics Training Course 1	Workshop/Seminar	0.6	12/31/2017	kinesicschms.com
Kinesics Human Movement Systems	KTC2: Integrated Exercise	Home Study	0.4	12/31/2017	www.kinesicschms.com
Kinesics Human Movement Systems	Theory	Workshop/Seminar	0.3	12/31/2017	http://www.kinesicschms.com
Kinesio University	Certified Kinesio Taping Technician Level II: Advanced Training	Workshop/Seminar	0.4	12/31/2018	www.kineseotape.com
Kinesio University	Certified Kinesio Taping Technician Level II: Advanced Training	Workshop/Seminar	0.4	12/31/2018	www.kineseotape.com
Kinesiology Institute for Performance Specialists (KIPS)	Core Performance Specialist	Home Study	1.9	12/31/2017	www.kipsonline.org
Kinesis, Inc	Anatomy Trains for Movement Professionals	Workshop/Seminar	1.4	12/31/2017	www.anatomytrains.com
Kinesis, Inc	Anatomy Trains for Movement Therapists (14 hour)	Workshop/Seminar	1.4	12/31/2017	www.anatomytrains.com
Kinesis, Inc	Anatomy Trains for Movement Therapists (18 hour)	Workshop/Seminar	1.8	12/31/2017	www.anatomytrains.com
Kinesis, Inc	Anatomy Trains for Movement Therapists (20 hour)	Workshop/Seminar	1.9	12/31/2017	www.anatomytrains.com
Kinesis, Inc	Anatomy Trains in Structure and Function	Workshop/Seminar	1.9	12/31/2017	www.anatomytrains.com
Kinesis, Inc	Anatomy Trains in Structure and Function (3 day)	Workshop/Seminar	1.9	12/31/2017	www.anatomytrains.com
Kinesis, Inc	Fascia in Movement	Home Study	0.5	12/31/2017	www.anatomytrains.com
Kinesis, Inc	Feeling Your Way Through the Lines	Home Study	0.3	12/31/2017	https://www.anatomytrains.com/product/feeling-way-lines/
Krysia Energy Yoga	Energy Core Barre Teacher Training	Workshop/Seminar	1.9	12/31/2017	http://www.krysiaenergy.com
LA Fitness - KC Lee	Aqua Circuit PT Intro to Group Fitness	Workshop/Seminar	0.5	12/31/2017	
LA Fitness - KC Lee	Bootcamp Circuit	Workshop/Seminar	0.3	12/31/2017	
LA Fitness - KC Lee	Bootcamp Circuit PT Intro to Group Fitness	Workshop/Seminar	0.5	12/31/2017	
LA Fitness - KC Lee	F.I.T.A™	Workshop/Seminar	1.0	12/31/2017	
LA Fitness - KC Lee	Indoor Cycling	Workshop/Seminar	0.8	12/31/2017	
LA Fitness - KC Lee	Indoor Cycling for PT Intro to Group Fitness	Workshop/Seminar	0.5	12/31/2017	
LA Fitness - KC Lee	Power Circuit	Workshop/Seminar	0.5	12/31/2017	
LA PALESTRA Center for Preventative Medicine	Case Management and Advisement	Workshop/Seminar	0.6	12/31/2017	http://www.lapalestramastertrainercertification.com
LA PALESTRA Center for Preventative Medicine	Introduction to the LA PALESTRA Method	Workshop/Seminar	0.6	12/31/2017	http://www.lapalestramastertrainercertification.com
LA PALESTRA Center for Preventative Medicine	Range of Motion	Workshop/Seminar	0.6	12/31/2017	http://www.lapalestramastertrainercertification.com
Lateral Edge (JFJ LLC)	Lateral Edge Level 1 Slide Board Certification	Workshop/Seminar	0.4	12/31/2017	lateraledgeonline.com
Laurie Pace YMCA Charlotte	CAUSE AND EFFECT: An Authentically You Experience	Workshop/Seminar	0.3	12/31/2017	https://fs28.formsite.com/Lpace/form8/Index.html
Laurie Pace YMCA Charlotte	Cycle: Strength + Speed = Power	Workshop/Seminar	0.3	12/31/2017	http://www.ymcacharlotte.org
Laurie Pace YMCA Charlotte	Your Core: The Essential Strength Training Element	Workshop/Seminar	12/31/2017	http://www.ymcacharlotte.org	
Learn2Tape, LLC	K-Cuts Taping Systems eCourse Certification	Home Study	1.6	12/31/2018	www.learn2tape.com

Learn2Tape, LLC	K-Cuts Taping Systems eCourse Certification	Home Study	1.6	12/31/2018	www.learn2tape.com
Les Mills	Advanced Instructor Module 2	Workshop/Seminar	1.7	12/31/2017	www.lesmills.com/us
Les Mills	BODYATTACK Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	BODYATTACK Initial Module	Workshop/Seminar	1.6	12/31/2017	www.lesmills.com/us
Les Mills	BODYATTACK® 96, the Essence of BODYATTACK®	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	BODYATTACK® 97	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYATTACK® 98 BODYATTACK® 98 Advanced Technique: Execution Exercises for New Moves	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYATTACK® 99 COACHING THE BASICS: LAYER 1	Home Study	0.1	12/31/2018	
Les Mills	BODYBALANCE 76: Vinyasa Yoga and Learning the Technique, Timing and Breath of Sun Salutations	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	BODYBALANCE 77	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYBALANCE 78 YOGA UPSKILL	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYBALANCE 79 TRANSITIONS AND THE UNIQUENESS OF BODYBALANCE 79	Home Study	0.1	12/31/2018	
Les Mills	BODYCOMBAT 71: New Moves and Coaching Success	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	BODYCOMBAT 72	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYCOMBAT 73 NEW MOVES AND COACHING LAYER 1	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYCOMBAT 74 REMOVING THE FILLERS AND MASTERING THE KICK KATA	Home Study	0.1	12/31/2018	
Les Mills	BODYCOMBAT Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	BODYFLOW Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	BODYFLOW Initial Module	Workshop/Seminar	1.5	12/31/2017	www.lesmills.com/us
Les Mills	BODYJAM 80: The Moment Continues	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	BODYJAM 81	Workshop/Seminar	0.1	12/31/2017	http://www.lesmills.com/us
Les Mills	BODYJAM 82 BANGIN' ON THE EASY SIDE!	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYJAM 83 CREATING AN ATMOSPHERE OF EUPHORIA!	Home Study	0.1	12/31/2018	
Les Mills	BODYJAM Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	BODYJAM Initial Module	Workshop/Seminar	1.8	12/31/2017	www.lesmills.com/us
Les Mills	BODYPUMP 101: Coaching with clarity	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	BODYPUMP 102	Workshop/Seminar	0.1	12/31/2017	http://www.lesmills.com/us
Les Mills	BODYPUMP 103 THE 45 MINUTE PILOT FORMAT	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYPUMP 104 TRIPLE EXTENSION	Home Study	0.1	12/31/2018	
Les Mills	BODYPUMP Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	BODYPUMP Initial Module	Workshop/Seminar	1.5	12/31/2017	www.lesmills.com/us
Les Mills	BODYSTEP 107: UPDATED COACHING MODEL - LAYER 2	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	BODYSTEP 108	Workshop/Seminar	0.1	12/31/2017	http://www.lesmills.com/us
Les Mills	BODYSTEP 109 PROGRAM DEVELOPMENTS AND NEW MOVES	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYSTEP 110 NOW OR LATER	Home Study	0.1	12/31/2018	
Les Mills	BODYSTEP Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	BODYSTEP Initial Module	Workshop/Seminar	1.6	12/31/2017	www.lesmills.com/us
Les Mills	BODYVIVE 3.1 / 45 - Innovations	Home Study	0.1	12/31/2018	
Les Mills	BODYVIVE 3.1 43	Workshop/Seminar	0.1	12/31/2017	http://www.lesmills.com/us
Les Mills	BODYVIVE 3.1 44 INNOVATIONS – TECHNIQUE AND COACHING	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	BODYVIVE Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	BODYVIVE Initial Module	Workshop/Seminar	1.6	12/31/2017	www.lesmills.com/us
Les Mills	BODYVIVE 3.1 Release 42	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	BORN TO MOVE Initial Module All Age Groups	Workshop/Seminar	1.9	12/31/2017	www.lesmills.com/us
Les Mills	BORN TO MOVE Initial Module Preschool Only	Workshop/Seminar	1.2	12/31/2017	www.lesmills.com/us
Les Mills	BORN TO MOVE Initial Module School Age Only	Workshop/Seminar	1.6	12/31/2017	www.lesmills.com/us
Les Mills	CXWORX 26: GET EVERYONE TO THE FINISH LINE! TAILORING YOUR LAYER 3 COACHING	Home Study	1.0	12/31/2017	lesmills.com
Les Mills	CXWORX 27	Workshop/Seminar	0.1	12/31/2017	http://www.lesmills.com/us
Les Mills	CXWORX 28 TECHNIQUE MASTERY OF TRACK 2 BEAR CRAWL SEQUENCE AND TRACK 3 PIVOT WOOD CHOP	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	CXWORX 29 GREAT TECHNIQUE AND CLEAR COACHING	Home Study	0.1	12/31/2018	
Les Mills	CXWORX Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	CXWORX Initial Module	Workshop/Seminar	1.5	12/31/2017	www.lesmills.com/us
Les Mills	GRIT 20 "CLEAN SETUP"	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	GRIT 20 "CLEAN SETUP"	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	GRIT 21	Workshop/Seminar	0.1	12/31/2017	http://www.lesmills.com/us
Les Mills	GRIT 22 "BREAKING THE MOVES DOWN IN LAYER 1"	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	GRIT 23 - Mastering the Monster Circuit	Home Study	0.1	12/31/2017	
Les Mills	LES MILLS GRIT Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	LES MILLS GRIT Initial Module	Workshop/Seminar	1.5	12/31/2017	www.lesmills.com/us
Les Mills	RPM 74	Workshop/Seminar	0.1	12/31/2017	http://www.lesmills.com/us
Les Mills	RPM 76 The New Participant	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	RPM 77 - Layer Coaching	Home Study	0.1	12/31/2018	
Les Mills	RPM Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com
Les Mills	RPM Initial Module	Workshop/Seminar	1.7	12/31/2017	www.lesmills.com
Les Mills	SH'BAM 27: CONNECTION PERFECTION	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	SH'BAM 28	Workshop/Seminar	0.1	12/31/2017	http://www.lesmills.com/us
Les Mills	SH'BAM 29 BUILDING COMMUNITY	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	SH'BAM 30 - Floor Friends	Home Study	0.1	12/31/2018	
Les Mills	SH'BAM Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/2017	www.lesmills.com/us
Les Mills	SH'BAM Initial Module	Workshop/Seminar	1.5	12/31/2017	www.lesmills.com/us
Les Mills	Sprint 10 - Power Training	Home Study	0.1	12/31/2018	
Les Mills	SPRINT 7: Behind the Scenes	Home Study	0.1	12/31/2017	lesmills.com
Les Mills	SPRINT 8	Workshop/Seminar	0.1	12/31/2017	http://www.lesmills.com/us
Les Mills	SPRINT 9 Sprint Training	Home Study	0.1	12/31/2017	www.lesmills.com/us
Les Mills	SPRINT Initial Module	Workshop/Seminar	1.4	12/31/2017	www.lesmills.com/us
Les Mills	The TRIP Initial Module Training	Workshop/Seminar	1.5	12/31/2017	www.lesmills.com/us
Les Mills	Trip 11 - State, Show, Say Recap - TRIP Summary, Being Athletic & Animated	Home Study	0.1	12/31/2018	
Les Mills	BODYATTACK® 99 COACHING THE BASICS: LAYER 1	Home Study	0.1	12/31/2018	
Les Mills	BODYBALANCE 79 TRANSITIONS AND THE UNIQUENESS OF BODYBALANCE 79	Home Study	0.1	12/31/2018	
Les Mills	BODYCOMBAT 74 REMOVING THE FILLERS AND MASTERING THE KICK KATA	Home Study	0.1	12/31/2018	
Les Mills	BODYJAM 83 CREATING AN ATMOSPHERE OF EUPHORIA!	Home Study	0.1	12/31/2018	



Les Mills	BODYPUMP 104 TRIPLE EXTENSION	Home Study	0.1	12/31/2018
Les Mills	BODYSTEP 110 NOW OR LATER	Home Study	0.1	12/31/2018
Les Mills	BODYVIVE 3.1 / 45 - Innovations	Home Study	0.1	12/31/2018
Les Mills	CXWORX 29 GREAT TECHNIQUE AND CLEAR COACHING	Home Study	0.1	12/31/2018
Les Mills	RPM 77 - Layer Coaching	Home Study	0.1	12/31/2018
Les Mills	SH'BAM 30 - Floor Friends	Home Study	0.1	12/31/2018
Les Mills	Sprint 10 - Power Training	Home Study	0.1	12/31/2018
Les Mills	Trip 11 - State, Show, Say Recap - TRIP Summary, Being Athletic & Animated	Home Study	0.1	12/31/2018
Let's Band	Let's Band Coach	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.letsbands.com">www.letsbands.com</a>
Life Chiropractic College West	Human Anatomy Lab for Health and Fitness Professionals	Workshop/Seminar	1.2	12/31/2017 <a href="http://www.lifewest.rd">www.lifewest.rd</a>
Life Fitness	Creating Small Group Training Experiences	Workshop/Seminar	0.7	12/31/2017 <a href="http://www.lifefitness.com">www.lifefitness.com</a>
Life Fitness	Discovering Cardio and the Digital Experience	Workshop/Seminar	0.6	12/31/2017 <a href="http://www.lifefitness.com">www.lifefitness.com</a>
Life Fitness	Exerciser Experiences for Lifecycle GX	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.lifefitness.com">www.lifefitness.com</a>
Life Fitness	Exploring Synrgy BlueSky	Workshop/Seminar	0.6	12/31/2017 <a href="http://www.lifefitness.com">www.lifefitness.com</a>
Life Fitness	Exploring Synrgy360	Workshop/Seminar	0.7	12/31/2017 <a href="http://www.lifefitness.com">www.lifefitness.com</a>
Life Fitness	Express General Product Training (GPT)	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.lifefitness.com">www.lifefitness.com</a>
Life Time Fitness	Life Time Personal Training Method	Home Study	1.9	12/31/2018 <a href="http://myt.life">myt.life</a>
Life Time Fitness	Life Time Personal Training Method	Home Study	1.9	12/31/2018 <a href="http://myt.life">myt.life</a>
LHK Consulting, LLC	Cranked Up Cardio Master Instructor Course	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.crankedupcardio.com">www.crankedupcardio.com</a>
Lisafirefly LLC	YOGASPORT FX	Workshop/Seminar	0.7	12/31/2017 <a href="http://lisafirefly.com">lisafirefly.com</a>
Living Wellness, LLC	Living Wellness Certification	Workshop/Seminar	1.2	12/31/2017 <a href="http://www.LWGG.org">www.LWGG.org</a>
Lokte Method	LOKTE Method LM1-Connective Tissue Release	Workshop/Seminar	1.6	12/31/2017 <a href="http://www.loktemethod.com">www.loktemethod.com</a>
Lokte Method	LOKTE Method LM2-Connective Tissue Release	Workshop/Seminar	1.6	12/31/2017 <a href="http://www.loktemethod.com">www.loktemethod.com</a>
Lokte Method	LOKTE Method LM3-Connective Tissue Release	Workshop/Seminar	1.6	12/31/2017 <a href="http://www.loktemethod.com">loktemethod.com</a>
Lokte Method	LOKTE™ Method, Connective Tissue Release Intensive	Workshop/Seminar	1.6	12/31/2017 <a href="http://www.loktemethod.com/">http://www.loktemethod.com/</a>
Long Island Fitness Network Group (LIFNG)	LIFTING Summit 2017	Conference	1.4	12/31/2017 <a href="http://www.LIFNG.com">http://www.LIFNG.com</a>
Ma Strength	Chinese Weightlifting Technique Seminar	Workshop/Seminar	0.7	12/31/2017 <a href="http://www.Chineseweightlifting.com">www.Chineseweightlifting.com</a>
Ma Strength	Ma Strength Level II Seminar	Workshop/Seminar	0.7	12/31/2017 <a href="http://www.Chineseweightlifting.com">www.Chineseweightlifting.com</a>
Mad Dogg Athletics	3 Part Cues	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.spinning.com">www.spinning.com</a>
Mad Dogg Athletics	Aerobic Base Building	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Becoming a Rockstar Instructor	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.spinning.com">www.spinning.com</a>
Mad Dogg Athletics	Bodyblade® Instructor Training	Workshop/Seminar	0.6	12/31/2017 <a href="http://www.bodyblade.com">www.bodyblade.com</a>
Mad Dogg Athletics	Cadence, Heart Rate & Class Design	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Contraindications	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Creating a Journey Ride	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.spinning.com">www.spinning.com</a>
Mad Dogg Athletics	Creative Climbs	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Creative Coaching	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	CrossCore Bridge	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	CrossCore Foundations	Workshop/Seminar	0.6	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	CrossCore® RBT™ Introduction Course	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.spinning.com">www.spinning.com</a>
Mad Dogg Athletics	High Intensity Training	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Interval Energy Zone	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Language & Visualization	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Loops and Ladders	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Mental Training	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Music, Movement, Emotion	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates MVe-Chair Instructor Workshop 2-day	Workshop/Seminar	1.3	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates MVe-Reformer Instructor Workshop 2-day	Workshop/Seminar	1.1	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Advanced Mat	Workshop/Seminar	0.9	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Basic Mat	Workshop/Seminar	1.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Chair & Barrel Intensive I	Workshop/Seminar	0.5	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Chair & Barrel Intensive II	Workshop/Seminar	0.6	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Fundamentals	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Intermediate Mat	Workshop/Seminar	1.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Jump Intervals	Workshop/Seminar	0.3	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Lengthen & Strengthen with Elastic Bands	Workshop/Seminar	0.1	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Level II Preparation	Workshop/Seminar	0.3	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Level III Preparation	Workshop/Seminar	0.5	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Peak Conditioning with Kettlebells	Workshop/Seminar	0.3	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Power Circle	Workshop/Seminar	0.1	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Peak Pilates-Props Shop	Workshop/Seminar	0.5	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Personal Spinning Threshold	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Profile Designs & Heart Rate Games	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Race Day Energy Zone	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Rating of Perceived Exertion	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Resist-A-Ball® Essentials Home Study	Home Study	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Resistance Loading and Cadence Building	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Rolling Hills	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.spinning.com">www.spinning.com</a>
Mad Dogg Athletics	SPIN Flex	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Spinning & Core Training	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Spinning & Yoga	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Spinning Instructor Orientation/Certification	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.spinning.com/spinning-instructors/become-an-instructor.asp">http://www.spinning.com/spinning-instructors/become-an-instructor.asp</a>
Mad Dogg Athletics	SPINPower - STONGER	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.spinning.com">www.spinning.com</a>
Mad Dogg Athletics	SPINPower® Instructor Training	Workshop/Seminar	0.8	12/31/2017 <a href="http://www.spinning.com">www.spinning.com</a>
Mad Dogg Athletics	Spintensity: Periodization	Workshop/Seminar	0.4	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Strength Energy Zone	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Strength, Hills & Power	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	Switchbacks	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.spinning.com">www.spinning.com</a>
Mad Dogg Athletics	The 5-Step Sprint	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>
Mad Dogg Athletics	The Art of Recovery	Workshop/Seminar	0.2	12/31/2017 <a href="http://www.spinning.com">www.spinning.com</a>
Mad Dogg Athletics	Uj Essentials Instructor Training	Workshop/Seminar	0.6	12/31/2017 <a href="http://www.maddogg.com">www.maddogg.com</a>

Mad Dogg Athletics	Ugi Fit	Workshop/Seminar	0.4	12/31/2017	www.maddogg.com
Mad Dogg Athletics	Ugi Flow	Workshop/Seminar	0.3	12/31/2017	www.maddogg.com
Marcel-Fit Education & Training	MET Level 1 – Movement Efficiency Training	Workshop/Seminar	0.7	12/31/2017	www.METmethod.com
Mash Up Conditioning	MASHUP	Workshop/Seminar	0.7	12/31/2017	www.mashupconditioning.com
Mastering Men's Health	Mastering Men's Health at 40 and Beyond Home Study	Home Study	0.3	12/31/2017	http://www.masteringmenshealth.com
Mastering Men's Health	Mastering Men's Health at 40 and Beyond Workshop	Workshop/Seminar	0.3	12/31/2017	http://www.masteringmenshealth.com
Matrix Fitness	Functional Frame Small Group Training	Workshop/Seminar	0.5	12/31/2017	www.matrixfitness.com
Matrix Fitness	FUNCTIONAL FRAME TEAM TRAINING	Workshop/Seminar	0.5	12/31/2017	www.matrixfitness.com
Matrix Fitness	Resistance Band Training	Workshop/Seminar	0.4	12/31/2017	http://www.matrixfitness.com/en/group-training/
Matrix Fitness	SPRINT CERTIFICATION	Workshop/Seminar	0.3	12/31/2017	www.matrixfitness.com
Matthew Ibrahim and Dr. Zak Gabor	Hip Hinge 101 Workshop	Workshop/Seminar	0.7	12/31/2017	www.matthew-ibrahim.com/workshops
Metabolic Precision	Metabolic Nutritionist	Home Study	1.9	12/31/2017	www.mp-body.com
Metafit Training USA	Metafit Coach Course	Workshop/Seminar	0.6	12/31/2017	www.metafit-trainingusa.com
Michele C. Blake	Bootcamp Beatdown	Workshop/Seminar	0.4	12/31/2017	www.mbmHealthFitness.com
Mike Dolce MMA INC.	Dolce Diet Certified: Nutrition Counselor (Level-1)	Workshop/Seminar	1.4	12/31/2017	www.TheDolceDiet.com
MindBodyBarre	MindBodyBarre Advanced Training	Workshop/Seminar	1.9	12/31/2017	http://mindbodybarre.com
MIST Jackie Henderson	MIST - Muscle Integrated Soul Training	Workshop/Seminar	0.8	12/31/2017	http://www.ablemindbody.com
Mobility 4 Life	Mobility 4 Life Upper Body Protocols	Workshop/Seminar	0.4	12/31/2017	http://www.Mobility-4Life.com
MobilityWod	MobilityWOD Movement & Mobility 101	Home Study	1.3	12/31/2017	http://www.mobilitywod.com
MobilityWod	MobilityWOD Movement & Mobility 102	Workshop/Seminar	1.6	12/31/2017	http://www.mobilitywod.com
Modern Moveology, LLC. dba Foundation Training	Foundation Training Level 1 Certification Course	Workshop/Seminar	1.9	12/31/2017	www.foundationtraining.com
Moms Into Fitness, Inc.	Prenatal & Postnatal Fitness Specialist home study	Home Study	1.9	12/31/2017	www.momsintofitness.com
Moms Into Fitness, Inc.	Prenatal & Postnatal Fitness Specialist workshop	Workshop/Seminar	1.9	12/31/2017	www.momsintofitness.com
Most Fit Life Retreat	Advanced Personal Trainer Retreat	Conference	15.0	12/31/2017	www.mostfitlife.com
MostFit	MostFit Core Hammer: Levers, Force, and Torque	Workshop/Seminar	0.4	12/31/2017	www.most-fit.com
Movement Edge	Movement Edge Practitioner Training - Online Course	Home Study	0.8	12/31/2018	
Movement Edge	Movement Edge Practitioner Training - Workshop	Workshop/Seminar	1.5	12/31/2018	
Movement Edge	Movement Edge Practitioner Training - Online Course	Home Study	0.8	12/31/2018	
Movement Edge	Movement Edge Practitioner Training - Workshop	Workshop/Seminar	1.5	12/31/2018	
Muscle Activation Techniques	Muscle Activation Techniques™-Lower Body Jumpstart	Workshop/Seminar	1.6	12/31/2017	www.muscleactivation.com
Muscle Activation Techniques	Muscle Activation Techniques™-Trunk & Spine Jumpstart	Workshop/Seminar	1.6	12/31/2017	www.muscleactivation.com
Muscle Activation Techniques	Muscle Activation Techniques™-Upper Body Jumpstart	Workshop/Seminar	1.6	12/31/2017	www.muscleactivation.com
Muscle System Consortia	Manual Muscle Testing Art and Science: An Exploration of Its History, Physics, and Utility in Practi	Workshop/Seminar	1.7	12/31/2017	http://www.musclesystemconsortia.com
Muscle System Consortia	Motor Control: Intervention Strategies for the Exercise Specialist	Workshop/Seminar	1.2	12/31/2017	http://www.musclesystemconsortia.com
Muscle Therapy San Diego	The Muscle Re-Calibration System (MRS)	Workshop/Seminar	1.6	12/31/2017	www.musclerapysandiego.com
MUVS Fitness	MUVZ Fitness	Workshop/Seminar	0.9	12/31/2017	http://www.muvsfitness.com
MyoTopia	Force and the Nervous System	Workshop/Seminar	1.4	12/31/2017	www.myotopia.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (0.1)	Conference	0.1	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (0.2)	Conference	0.2	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (0.3)	Conference	0.3	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (0.4)	Conference	0.4	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (0.5)	Conference	0.5	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (0.6)	Conference	0.6	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (0.7)	Conference	0.7	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (0.8)	Conference	0.8	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (0.9)	Conference	0.9	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.0)	Conference	1.0	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.1)	Conference	1.1	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.2)	Conference	1.2	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.3)	Conference	1.3	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.4)	Conference	1.4	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.5)	Conference	1.5	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.6)	Conference	1.6	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.7)	Conference	1.7	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.8)	Conference	1.8	12/31/2017	www.nasmoptima.com
National Academy of Sports Medicine (NASM)	2017 Optima Conference (1.9)	Conference	1.9	12/31/2017	www.nasmoptima.com
National Academy of Strength and Power	Certified Powerlifting Coach for Sports Competition	Home Study	1.0	12/31/2017	http://naspower.org/
National College of Exercise Professionals (NCEP) - Mike DeMora	NCEP Functional Training Workshop	Workshop/Seminar	1.6	12/31/2017	nceptfitness.com
National Continuing Education Institute	Fitness and Nutrition Specialist	Workshop/Seminar	0.8	12/31/2017	www.thencei.com
National Continuing Education Institute	Speed Agility and Quickness Specialist	Workshop/Seminar	0.8	12/31/2017	www.thencei.com
National Dairy Council	Understanding Dairy - From Farm to Recovery Fuel	Workshop/Seminar	0.6	12/31/2018	
National Dairy Council	Understanding Dairy - From Farm to Recovery Fuel	Workshop/Seminar	0.6	12/31/2018	
National Exercise and Sports Trainers Association (NESTA)	Biomechanics Specialist (updated)	Home Study	1.9	12/31/2017	www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	Heart Rate Performance Specialist	Home Study	1.9	12/31/2017	www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	ITCA Certified Triathlon Coach	Home Study	1.9	12/31/2017	www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	MMA Conditioning Coach	Home Study	1.9	12/31/2017	www.mmaca.net
National Exercise and Sports Trainers Association (NESTA)	Muay Thai Fitness	Home Study	1.9	12/31/2017	www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	NESTA Live 2-day Personal Trainer Certification Workshop	Workshop/Seminar	1.6	12/31/2017	www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	Sports Nutrition Specialist	Home Study	1.0	12/31/2017	www.nestacertified.com
National Exercise Trainers Association (NETA)	101 Ways to Bootcamp (3hr)	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	101 Ways to Bootcamp (5hr)	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Barre Connect Specialty Certification	Workshop/Seminar	0.8	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Barre Connect: Cardio Extreme	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Body Weight Training	Workshop/Seminar	0.5	12/31/2017	http://www.netafit.org
National Exercise Trainers Association (NETA)	Boxing Fusion	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Catching Sine Zzzz's: Sleep your Way to Better Health & Performance	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Create an Experience – Keys for Group Exercise Success	Workshop/Seminar	0.5	12/31/2017	http://www.netafit.org/index.htm
National Exercise Trainers Association (NETA)	Cycle 360: Cardio, Strength, and Core	Workshop/Seminar	0.5	12/31/2017	http://www.netafit.org/index.htm
National Exercise Trainers Association (NETA)	Cycling: Hills YEAH!	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Fitness Yoga Specialty Certification	Workshop/Seminar	1.9	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Foam Rollers and More: Fitness for Fascia	Workshop/Seminar	0.5	12/31/2017	http://www.netafit.org

National Exercise Trainers Association (NETA)	Foundations of Resistance Training Program Design	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Fun Group Training: Tread-N-Shred	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Fundamentals of Nutrition for the Fitness Professional (Updated for 2016)	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	HIIT it with YOGA	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	HIIT, TABATA, AND REST-BASED TRAINING previously HIIT High Intensity Interval Training	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Indoor Cycling	Workshop/Seminar	0.7	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Kettlebells Basic	Workshop/Seminar	0.7	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Medicine Ball Pilates	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Medicine Ball Power	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Motivational Interviewing for the Exercise Professional	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Partner Up!	Workshop/Seminar	0.5	12/31/2017	http://www.netafit.org/index.htm
National Exercise Trainers Association (NETA)	Personal Training Review Workshop	Workshop/Seminar	1.4	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Physical Activity for Special Medical Conditions	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Pilates Mat Specialty Certification	Workshop/Seminar	1.4	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Pilates Reformer Specialty Certification	Workshop/Seminar	1.4	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Restore, Recharge, and Release Cycle (R3 Cycle) (3hr)	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Restore, Recharge, and Release Cycle (R3 Cycle) (5hr)	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Ride the Wave: Aquatic Intervals	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Rope Burn: The Ultimate Circuit Training Workout (3hr)	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Rope Burn: The Ultimate Circuit Training Workout (5hr)	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Sculpt Yoga Specialty Certification	Workshop/Seminar	1.4	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Senior Fitness Specialty Certification	Workshop/Seminar	0.7	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Senior POWER (3hr)	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Senior POWER (5hr)	Workshop/Seminar	0.5	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Tires, Ropes, Squats, Oh MY!	Workshop/Seminar	0.5	12/31/2017	http://www.netafit.org/index.htm
National Exercise Trainers Association (NETA)	Wellness Coach Specialty Certification	Workshop/Seminar	1.4	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Yin Yoga Essentials	Workshop/Seminar	0.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Yoga	Workshop/Seminar	1.3	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	YOGA for EveryBODY! (updated 2016)	Workshop/Seminar	1.9	12/31/2017	www.netafit.org
National Exercise Trainers Association (NETA)	Yoga Foundations Specialty Certification	Workshop/Seminar	1.9	12/31/2017	www.netafit.org
National Fitness Institute	Integrated Assessment Workshop	Workshop/Seminar	0.7	12/31/2017	http://nationalfitnessinstitute.com/integrated-assessment-workshop/
National Personal Training Institute (NPTI)	Kettlebell Training for Individuals and Small Groups	Workshop/Seminar	1.9	12/31/2017	nptifitness.com/
National Personal Training Institute (NPTI)	Kettlebell Training for the Fitness Professional	Workshop/Seminar	0.7	12/31/2017	www.nptiohio.edu
National Personal Training Institute (NPTI)	Strap Training Certification Course	Workshop/Seminar	0.8	12/31/2017	http://nptifitness.com
National Personal Training Institute of Ohio	Kettlebell Training for the Fitness Professional	Workshop/Seminar	0.7	12/31/2018	www.nptiohio.edu
National Personal Training Institute of Ohio	Kettlebell Training for the Fitness Professional	Workshop/Seminar	0.7	12/31/2018	www.nptiohio.edu
National Sports Performance Association	Certified Program Design Specialist	Home Study	0.4	12/31/2017	www.nspa.org
National Sports Performance Association	Certified Speed & Agility Coach	Home Study	0.5	12/31/2017	www.AthletesAcceleration.com
National Sports Performance Association	Certified Sports Nutrition Coach	Home Study	1.7	12/30/2018	
National Sports Performance Association	Certified Weightlifting Performance Coach	Home Study	0.5	12/31/2017	http://athletesacceleration.com/
National Sports Performance Association	NSPA National Conference 2018	Conference	1.2	12/31/2018	http://nspa.org/national-conference/
National Sports Performance Association	NSPA National Conference 2018	Conference	1.2	12/31/2018	http://nspa.org/national-conference/
Net Profit Explosion (NPE)	AUTO-CLOSER Sales System	Home Study	1.9	12/31/2017	http://www.netprofitexplosion.com/
Neuro Target Systems w/ Dr. John Pietila	The NeuroTarget System	Workshop/Seminar	0.8	12/31/2017	www.neurotargetsystem.com
Neuro Target Systems w/ Dr. John Pietila	The NeuroTarget System - Class II	Workshop/Seminar	0.8	12/31/2017	www.neurotargetsystem.com
Neuro Target Systems w/ Dr. John Pietila	The NeuroTarget System - Class III	Workshop/Seminar	0.8	12/31/2018	www.neurotargetsystem.com
Neuro Target Systems w/ Dr. John Pietila	The NeuroTarget System - Class III	Workshop/Seminar	0.8	12/31/2018	www.neurotargetsystem.com
NeuroHealth Partners, LLC	Train the Brain: The Neuroscience of Exercise (4 hrs)	Workshop/Seminar	0.4	12/31/2017	www.neurohealthpartners.com
NeuroHealth Partners, LLC	Train the Brain: The Neuroscience of Exercise (5 hrs)	Workshop/Seminar	0.5	12/31/2017	www.neurohealthpartners.com
Niel Asher Healthcare Ltd.	Anatomy of Sports Injuries-NAT Master Course	Home Study	0.3	12/31/2017	www.nielasher.com
Niel Asher Healthcare Ltd.	Anatomy of Stretching-NAT Master Course	Home Study	0.3	12/31/2017	www.nielasher.com
Niel Asher Healthcare Ltd.	Functional Anatomy of the Pelvis and Sacroiliac Joint - NAT Master Course	Home Study	0.6	12/31/2017	www.nielasher.com
Niel Asher Healthcare Ltd.	Muscle Energy Techniques-NAT Master Course	Home Study	0.3	12/31/2017	www.nielasher.com
Niel Asher Healthcare Ltd.	NAT Anatomy of Pain Trigger Point Course	Home Study	0.9	12/31/2017	www.nielasher.com
Niel Asher Healthcare Ltd.	Understanding and Treating the Vital Glutes NAT Master Course	Home Study	0.3	12/31/2017	www.nielasher.com
NuPowerYoga	NuPowerYoga Teacher Certification	Workshop/Seminar	1.0	12/31/2017	www.nupoweryoga.com
Obstacles2Success/Jan Berdar Training	Obstacle Course Certification (OCC) L1 "Let's Get Dirty"	Workshop/Seminar	0.8	12/31/2017	www.janberdartraining.com
Octane Fitness	The fundamentals of CROSS CIRCUIT Training by Octane Fitness	Workshop/Seminar	0.4	12/31/2017	www.octanefitness.com
OGorgeous, Inc.	POP Pilates Workshop	Workshop/Seminar	0.8	12/31/2017	http://www.poppilateslife.com
Oh Baby! Fitness	Oh Baby! Fitness Prenatal & Postpartum Training	Workshop/Seminar	0.6	12/31/2017	www.ohbabyfitness.com
Ohra Yoga and Wellness/Saw Mill Club	Anatomy Junkie Part 2: CORE	Workshop/Seminar	1.9	12/31/2017	ohrayoga.com
Ohra Yoga and Wellness/Saw Mill Club	Anatomy Junkies: Pelvic and Shoulder Girdle	Workshop/Seminar	1.9	12/31/2017	ohrayoga.com
One on One	The Art of Personal Training: Secrets to Delivering the Last 10%	Workshop/Seminar	1.2	12/31/2017	www.oneononefit.com
Optimum Performance Studio	Rehab Trainer Elite	Workshop/Seminar	1.9	12/31/2017	http://www.opstudiohk.com
Orange Theory (OT) Fitness	Global Reset - Fitness	Workshop/Seminar	0.7	12/31/2017	www.orangetheoryfitness.com
Orange Theory (OT) Fitness	OTFIT CERTIFICATION	Workshop/Seminar	1.9	12/31/2017	https://www.orangetheoryfitness.com/
Original Strength Systems	Original Strength Pressing RESET	Workshop/Seminar	1.4	12/31/2017	originalstrength.net
Osteoblast Training LLC	Osteoblast Training*	Workshop/Seminar	0.7	12/31/2017	www.osteoblasttraining.com
Osteoblast Training LLC	Speedblast Training*	Workshop/Seminar	0.7	12/31/2017	www.osteoblasttraining.com
Parisi Speed School	Deadlift for Speed Seminar	Workshop/Seminar	0.7	12/31/2017	www.parisischool.com/fa
Parisi Speed School	Parisi Speed & Strength Summit (Day One)	Conference	0.3	12/31/2017	
Parisi Speed School	Parisi Speed & Strength Summit (Day Three)	Conference	0.7	12/31/2017	
Parisi Speed School	Parisi Speed & Strength Summit (Day Two)	Conference	0.4	12/31/2017	
Parker Parks and Recreation Department	The Foundations and Application of Upper and Lower Body Lifts	Workshop/Seminar	4.0	12/31/2018	
Parker Parks and Recreation Department	The Foundations and Application of Upper and Lower Body Lifts	Workshop/Seminar	0.4	12/31/2018	
Parker Parks and Recreation Department	The Foundations and Application of Upper and Lower Body Lifts	Workshop/Seminar	4.0	12/31/2018	
Parker Parks and Recreation Department	The Foundations and Application of Upper and Lower Body Lifts	Workshop/Seminar	0.4	12/31/2018	
Parkinson Wellness Recovery	PWR! Moves Instructor Workshop: Train Amplitude and Make FUNCTION Exercise	Workshop/Seminar	1.5	12/31/2017	
Parkour Generations Americas / Parkour Generations Ltd.	ADAPT Level 1	Workshop/Seminar	1.9	12/31/2017	www.parkourgenerations.com
Parkour Generations Americas / Parkour Generations Ltd.	ADAPT Level 2	Workshop/Seminar	1.9	12/31/2017	www.parkourgenerations.com
Parkour Generations Americas / Parkour Generations Ltd.	Parkour Fitness - Intro to Fitness	Workshop/Seminar	0.8	12/31/2017	www.parkourgenerations.com

Parkour Generations Americas / Parkour Generations Ltd.	Parkour Fitness Specialist (PFS) Level 1	Workshop/Seminar	1.6	12/31/2017	www.parkourgenerations.com
Parkour Generations Americas / Parkour Generations Ltd.	Parkour Fitness Specialist (PFS) Level 2	Workshop/Seminar	1.9	12/31/2017	www.parkourgenerations.com
Pelvic Health Systems	The 5 Steps PFT Blue Print to Success	Workshop/Seminar	0.4	12/31/2017	http://www.pelvichealthsystems.com
PentaFit LLC	Pre- and Post-Natal Trainer Certification	Workshop/Seminar	0.8	12/31/2017	www.pentafit.com
Pentagon Mixed Martial Arts, LLC	Pad Holding 101	Workshop/Seminar	0.2	12/31/2017	http://www.pentagonmma.com
Pepper Von-Fierce Funk	Dance Movement and Performance Series (DMPS)	Workshop/Seminar	0.3	12/31/2017	www.fiercefunk.com
Pepper Von-Fierce Funk	Fierce Funk Certification	Workshop/Seminar	0.6	12/31/2017	www.fiercefunk.com
Perform Better	Perform Better 1 Day Learn by Doing Seminar	Workshop/Seminar	0.6	12/31/2017	www.performbetter.com
Performance Coaching Systems	Performance Coaching System – Group Exercise Specialist	Workshop/Seminar	1.6	12/31/2017	www.athleticperformanceoftexas.com
Performance Cycling	Performance Cycling Essentials Plus (Level 1)	Home Study	0.9	12/31/2017	www.performance-cycling.net
Performance Therapy Academy	Level 1 Performance Therapist Certification	Workshop/Seminar	0.8	12/31/2017	www.performancetherapist.com
Performance Therapy Academy	Level 2 Performance Therapist Certification	Workshop/Seminar	0.8	12/31/2017	www.performancetherapist.com
Personal Trainer Development Center	Online Trainer Academy	Home Study	1.9	12/31/2017	http://onlinetraineracademy.theptdc.com
PESI Healthcare	Advances in Orthopedic Care: It's Not Just Broken Bones	Workshop/Seminar	0.6	12/31/2018	www.pesihealthcare.com
PESI Healthcare	The Orthopaedic Patient: Musculoskeletal Concepts for Acute and Chronic Disorders	Workshop/Seminar	0.6	12/31/2017	www.pesihealthcare.com
PESI Healthcare	Youth Sports Injury Updates: for the Safest & Quickest	Workshop/Seminar	0.6	12/31/2017	www.pesihealthcare.com
PESI Healthcare	Advances in Orthopedic Care: It's Not Just Broken Bones	Workshop/Seminar	0.6	12/31/2018	www.pesihealthcare.com
Peyow Aqua Pilates	Peyow Aqua Pilates Funktional Barre 1	Workshop/Seminar	0.3	12/31/2017	www.aquapilates.net
Peyow Aqua Pilates	Peyow Aqua Pilates Level 1 Beginner-Intermediate	Workshop/Seminar	0.6	12/31/2017	www.aquapilates.net
Peyow Aqua Pilates	Peyow Aqua Pilates Level 2/ Advanced Level	Workshop/Seminar	0.6	12/31/2017	www.aquapilates.net
Physical Coaching Academy	Essentials of Healthy Nutrition Workshop	Workshop/Seminar	1.8	12/31/2017	http://www.physicalcoaching.be
Physical Coaching Academy	Kettlebell Workshop	Workshop/Seminar	0.6	12/31/2017	www.physicalcoaching.be
Physical Coaching Academy	Loaded Movement Training Workshop	Workshop/Seminar	0.6	12/31/2017	www.physicalcoaching.be
Physical Coaching Academy	Olympic Lifting Workshop	Workshop/Seminar	1.2	12/31/2017	www.physicalcoaching.be
Physical Coaching Academy	Suspension Training Workshop	Workshop/Seminar	0.6	12/31/2017	www.physicalcoaching.be
PhysioChains Education	Parkinson's Regeneration Training (Level 2)	Workshop/Seminar	0.7	12/31/2017	www.physiochains.com
PhysioChains Education	Parkinson's Regeneration Training * Level 1	Workshop/Seminar	0.7	12/31/2017	www.physiochains.com
PILOXING Academy	PIA Workshop Q1 2016	Workshop/Seminar	0.3	12/31/2017	www.piloxing.com
PILOXING Academy	PILOXING Barre Instructor Training	Workshop/Seminar	0.8	12/31/2017	www.piloxing.com
PILOXING Academy	Piloxing Instructor Training	Workshop/Seminar	0.8	12/31/2017	www.piloxing.com
PILOXING Academy	PILOXING Knockout Instructor Training	Workshop/Seminar	0.8	12/31/2017	www.piloxing.com
PMc Fitness Solutions LLC	Core Training Exercise Specialist	Workshop/Seminar	0.6	12/31/2017	http://petemccallfitness.com
PMc Fitness Solutions LLC	Kettlebell Training for Results	Workshop/Seminar	0.6	12/31/2017	http://petemccallfitness.com
Polemoves	Level 1 Pole Instructor Course	Home Study	1.5	12/31/2017	www.polemoves.com
POMSQUAD Fitness	POMSQUAD Fitness Captain Training	Workshop/Seminar	0.4	12/31/2017	pomsquadfitness.com
Poolates	Basic Poolates Instructor Training	Workshop/Seminar	1.6	12/31/2017	www.Poolates.com
Portland Team Fitness	TEAM Fitness The Art of Small Group Training: Create and Coach Fantastic Formats	Workshop/Seminar	0.8	12/31/2017	http://www.portlandteamfitness.com
POUND® Rockout. Workout.	POUND® Amplify	Workshop/Seminar	0.7	12/31/2017	http://www.poundfit.com/certification-schedule/
POUND® Rockout. Workout.	POUND® Pro Training	Workshop/Seminar	0.7	12/31/2017	www.poundfit.com/certification-schedule/
Power Monkey Fitness	The Ring Thing Certification	Workshop/Seminar	1.3	12/31/2017	www.PowerMonkeyFitness.com
Power Plate	Power Plate Small Group Training	Workshop/Seminar	0.5	12/31/2017	http://www.powerplate.com
Power Systems, Inc.	PowerWave 2.0 Instructor Course	Workshop/Seminar	0.7	12/31/2017	www.power-systems.com
PowerCycle Trainings and Workshops	PowerCycle Indoor Cycling Training	Workshop/Seminar	0.8	12/31/2017	http://www.powercycletraining.com
PRECISION HUMAN PERFORMANCE	Exercise Analysis and Application	Workshop/Seminar	0.8	12/31/2017	www.precisionhumanperformance.com
PRECISION HUMAN PERFORMANCE	Exercise and Inflammation	Workshop/Seminar	0.8	12/31/2017	precisionhumanperformance.com
Precision Nutrition	Precision Nutrition Level 1, Certificate in Exercise Nutrition	Home Study	1.9	12/31/2017	www.precisionnutrition.com
Precision Nutrition	Precision Nutrition Level 2 Master Class	Home Study	1.9	12/31/2017	www.precisionnutrition.com
Precision Sports Performance	Building the Athlete: Head to Toe from High School to College	Workshop/Seminar	0.5	12/31/2017	precisionsportspower.com
Precor	4D PRO Bungee Fitness Trainer: Specialty Course for Queenax	Workshop/Seminar	0.4	12/31/2017	http://www.precor.com/en-us/resources/coaching-center/expand-your-program-with-queenax-courses
Precor	Queenax Functional Training Movement Design	Workshop/Seminar	0.4	12/31/2017	www.precor.com
Precor	Queenax Fundamentals	Workshop/Seminar	0.2	12/31/2018	
Precor	Queenax Small Group Program Design	Workshop/Seminar	0.3	12/31/2017	www.precor.com
Precor	Queenax Ultimate Superfunctional: STACKS	Workshop/Seminar	0.4	12/31/2017	http://www.precor.com/en-us/resources/coaching-center/expand-your-program-with-queenax-courses
Precor	SUPERFUNCTIONAL™ MOVE	Workshop/Seminar	0.2	12/31/2017	http://www.precor.com/en-us/resources/coaching-center/expand-your-program-with-queenax-courses
Precor	UFO Specialization Course	Workshop/Seminar	0.2	12/31/2017	http://www.precor.com/en-us/resources/coaching-center/expand-your-program-with-queenax-courses
Precor	Queenax Fundamentals	Workshop/Seminar	0.2	12/31/2018	
Primal 7	Primary Movement Training™	Workshop/Seminar	0.7	12/31/2017	http://primal7.com
Primal Blueprint Publishing	Primal Health Coach Program	Workshop/Seminar	1.9	12/31/2017	www.primalblueprint.com
Primal Fit Miami	S.M.A.R.T. 360 Program Design	Workshop/Seminar	1.6	12/31/2018	www.primatfit360miami.com
Primal Fit Miami	S.M.A.R.T. 360 Program Design	Workshop/Seminar	1.6	12/31/2018	www.primatfit360miami.com
PRO Sports Club	Back Biomechanics and Rehabilitation Principals	Workshop/Seminar	0.3	12/31/2017	www.proclub.com/
PRO Sports Club	Foot Biomechanics & Post Rehab Principals	Workshop/Seminar	0.3	12/31/2017	www.proclub.com/
PRO Sports Club	Gut Bacteria	Workshop/Seminar	0.2	12/31/2017	tfitchitt@proclub.com
PRO Sports Club	Hip Anatomy and Common Disorders	Workshop/Seminar	0.3	12/31/2017	www.proclub.com/
PRO Sports Club	Hypertension	Workshop/Seminar	0.3	12/31/2018	
PRO Sports Club	Hypertrophy	Workshop/Seminar	0.2	12/31/2017	
PRO Sports Club	Joint Degenerative Disease	Workshop/Seminar	0.2	12/31/2018	
PRO Sports Club	Knee Biomechanics & Post Rehab Principals	Workshop/Seminar	0.3	12/31/2017	www.proclub.com/
PRO Sports Club	Knee Biomechanics and Rehabilitation Principals	Workshop/Seminar	0.3	12/31/2017	www.proclub.com/
PRO Sports Club	Principals of Training and Program Design	Workshop/Seminar	0.2	12/31/2017	www.proclub.com/
PRO Sports Club	Programming for Strength	Workshop/Seminar	0.2	12/31/2017	
PRO Sports Club	Programming for Strength	Workshop/Seminar	0.2	12/31/2017	
PRO Sports Club	Running Development	Workshop/Seminar	0.2	12/31/2017	
PRO Sports Club	Hypertension	Workshop/Seminar	0.3	12/31/2018	
PRO Sports Club	Joint Degenerative Disease	Workshop/Seminar	0.2	12/31/2018	
ProBar Mobility	ProBar Foundations Course	Workshop/Seminar	0.3	12/31/2017	
PRONatal Fitness	PRONatal Fitness Pre/Postnatal Exercise Education	Home Study	1.9	12/31/2017	www.pronatafitness.com
PT On The Net	8 Disciplines of Front Line Excellence	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Achieving Success through Specialization	Home Study	1.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Addressing and Preventing Low Back Pain	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Advanced Fitness Sales	Home Study	0.4	12/31/2017	www.ptonthenet.com

PT On The Net	Bodyweight Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	BOSU Balance Trainer Power Programming	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Breath AS Medicine: Improving Health and the Training Experience	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Building the Skills and Confidence to Expand and Diversify Your Business	Home Study	1.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Cardiovascular Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Certificate in Health & Fitness Management	Home Study	1.0	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Client Assessment, Biomechanics, & Metabolism	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Client Relations & Business Management	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Closing the Sale	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Coaching	Home Study	0.2	12/31/2017	www.ptonthenet.com
PT On The Net	Core Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Corrective Exercise Solutions to Postural and Movement Dysfunction	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Corrective Exercise Solutions: Foot and Ankle Pain	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Developing Leadership Skills	Home Study	1.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Effects of Hormones on Exercise and Well-Being	Home Study	0.1	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Female Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Fit for Daily Life	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Fitness Professional Education: Corrective Exercise	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Fitness Professional Education: Introduction to Functional Equipment	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Flexibility	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Flexibility Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Functional Anatomy	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Functional Flexibility	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Functional Integrated Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Functional Program Design	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Fundamentals of Balance	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Holistic Health & Stress Management	Home Study	0.2	12/31/2017	www.ptonthenet.com
PT On The Net	Improving Foot and Gait Mechanics	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Indoor Rowing Technique and Programming	Home Study	0.1	12/31/2017	www.ptonthenet.com
PT On The Net	Insurance Coverage and Claims for Fitness Professionals	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Introduction to Functional Equipment	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Loaded Exercises & Movement Based	Home Study	0.3	12/31/2017	www.ptonthenet.com
PT On The Net	Lower Extremity Injury Prevention	Workshop/Seminar	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Macronutrients and Exercise	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Marketing Personal Training	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Mastery of the Science and Practices of Training	Home Study	1.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Motivating Clients	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Movement Based Appraisal (MOVE)	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Movement Based Flexibility	Home Study	0.8	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Movement Preparation	Home Study	0.1	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Non-Traditional Strength Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Nutrition and Metabolic Syndrome/Insulin Resistance and Inflammation	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Performance Circuits	Home Study	0.1	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Periodization	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Personal Training Sales	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Personal Training Sales	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Practical Applications of Explosive Lifting and Advanced Strength Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Principles of Movement-Based Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Professionalism	Home Study	0.2	12/31/2017	www.ptonthenet.com
PT On The Net	Program Design: Recovery	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Programming for Injury: ACL Injuries, Rotator Cuff Tears, and Piriformis Syndrome	Home Study	0.1	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Prospecting	Home Study	0.2	12/31/2017	http://www.ptonthenet.com/cec-exams
PT On The Net	Re-assessments	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Renewals & Referrals	Home Study	0.2	12/31/2017	http://www.ptonthenet.com/cec-exams
PT On The Net	Small Group Personal Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Social Media Marketing for Fitness Professionals	Home Study	0.4	12/31/2017	www.ptonthenet.com
PT On The Net	Special Populations	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Steps to Success	Home Study	0.8	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Strategies for Assessing and Improving Balance	Home Study	0.1	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Strength Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Strength Training Program Design	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Stress Response to Exercise	Home Study	0.2	12/31/2017	http://www.ptonthenet.com/cec-exams
PT On The Net	Systems and Strategies Essential for Success	Home Study	1.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Take Charge of Your Personal Training Services and Grow Your Business	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	The Muscular System	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Time Management	Home Study	0.2	12/31/2017	http://www.ptonthenet.com/cec-exams
PT On The Net	Training Prenatal and Postnatal Clients	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Understanding and Performing Valuable Fitness Assessments	Home Study	0.3	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	Understanding Fascia's Role in Movement and Training	Home Study	0.1	12/31/2017	www.ptonthenet.com/cec-exams
PT On The Net	What Makes a Successful Personal	Home Study	0.1	12/31/2017	http://www.ptonthenet.com/cec-exams
PT On The Net	Youth Training	Home Study	0.2	12/31/2017	www.ptonthenet.com/cec-exams
PTA Global	Behavior Change in Exercise Workshop	Workshop/Seminar	0.7	12/31/2018	www.ptaglobal.com
PTA Global	Exercise & Stress Management (ESM) Credential	Home Study	1.0	12/31/2017	www.PTAGlobal.com
PTA Global	PTA Global Behavior Change in Exercise (BCE) Credential	Home Study	1.9	12/31/2017	www.PTAGlobal.com
PTA Global	PTA Global Creating Behavior-Based Programs	Home Study	0.2	12/31/2017	www.PTAGlobal.com
PTA Global	PTA Global Foundations	Home Study	0.4	12/31/2017	www.PTAGlobal.com
PTA Global	PTA Global Gaining and Retaining Clients	Home Study	0.2	12/31/2017	www.PTAGlobal.com
PTA Global	PTA Global Mentorship 1	Home Study	1.5	12/31/2017	www.PTAGlobal.com
PTA Global	PTA Global Motivation, Movement, and Program Design	Home Study	0.2	12/31/2017	www.PTAGlobal.com
PTA Global	PTA Global Personalizing Your Group Training Experience	Home Study	0.2	12/31/2017	www.PTAGlobal.com
PTA Global	Behavior Change in Exercise Workshop	Workshop/Seminar	0.7	12/31/2018	www.ptaglobal.com
PulsePointe barre	Have A Ball At The barre	Workshop/Seminar	0.2	12/31/2017	http://www.PulsePointebarre.com
PulsePointe barre	Pilates Fundamentals For Group Fitness Instructors	Workshop/Seminar	0.5	12/31/2017	www.pulsepointebarre.com
PulsePointe barre	Pilates Pump Up The Beat	Workshop/Seminar	0.2	12/31/2017	www.pulsepointebarre.com
PulsePointe barre	PulsePoint barre Power Up Your barre Class	Workshop/Seminar	0.2	12/31/2017	www.pulsepointebarre.com

PulsePointe barre	PulsePointe barre Primary Instructor Certification	Workshop/Seminar	0.8	12/31/2017	www.PulsePointebarre.com
PulsePointe barre	PulsePointe barre Primary Instructor Certification Home Study	Home Study	0.8	12/31/2017	www.PulsePointebarre.com
PulsePointe barre	PulsePointe barre Pulse & Flow	Workshop/Seminar	0.2	12/31/2017	www.pulsepointebarre.com
PulsePointe barre	PulsePointe HIIT barre	Workshop/Seminar	0.3	12/31/2017	www.pulsepointebarre.com
Punk Rope, Inc.	Punk Rope Instructor Course	Home Study	0.4	12/31/2018	
Punk Rope, Inc.	Punk Rope Instructor Workshop	Workshop/Seminar	0.8	12/30/2018	
Punk Rope, Inc.	Punk Rope Instructor Course	Home Study	0.4	12/31/2018	
PureRyde	PureRyde +Pilates Instructor Training	Workshop/Seminar	1.2	12/31/2017	www.purenyde.com
Quick Self Fixes	Quick Self Fixes	Workshop/Seminar	1.2	12/31/2017	http://quickselffixes.com/
R.I.P.P.E.D USA	R.I.P.P.E.D. – The One Stop Body Shock	Workshop/Seminar	0.8	12/31/2017	www.RIPPEdplanet.com
R.I.P.P.E.D USA	R.I.P.P.E.D. RUMBLE	Workshop/Seminar	0.8	12/31/2017	http://www.RIPPEdplanet.com
RAD Mobility	RAD Mobility Level 1	Workshop/Seminar	0.4	12/31/2018	http://www.radroller.com/pages/education
RAD Mobility	RAD Mobility Level 2	Workshop/Seminar	1.4	12/31/2018	https://www.radroller.com/pages/education
RAD Mobility	RAD Mobility Level 1	Workshop/Seminar	0.4	12/31/2018	http://www.radroller.com/pages/education
RAD Mobility	RAD Mobility Level 2	Workshop/Seminar	1.4	12/31/2018	https://www.radroller.com/pages/education
RaqIsa®, The Belly Barre Workout	RaqIsa®, The Belly Barre Workout	Workshop/Seminar	0.6	12/31/2017	www.raqisa.com
RealRyder® International LLC	RealRyder® Indoor Cycling Certified Instructor Training	Workshop/Seminar	0.8	12/31/2017	http://www.RealRyder.com
RecoverME Body Restoration	Certified Movement & Restoration Specialist	Workshop/Seminar	1.6	12/31/2018	https://www.primalfitmiami.com
RecoverME Body Restoration	Certified Movement & Restoration Specialist	Workshop/Seminar	1.6	12/31/2018	https://www.primalfitmiami.com
RED Project Management Corp.	Building the Ultimate Back: From Rehabilitation to Performance	Conference	1.4	12/31/2018	
RED Project Management Corp.	High Performance Training: Progressing backs from pain to performance	Conference	7.0	12/31/2018	
RED Project Management Corp.	The Detailed Back Assessment: Reducing pain and enhancing performance	Conference	7.0	12/31/2018	
RED Project Management Corp.	Building the Ultimate Back: From Rehabilitation to Performance	Conference	1.4	12/31/2018	
RED Project Management Corp.	High Performance Training: Progressing backs from pain to performance	Conference	7.0	12/31/2018	
RED Project Management Corp.	The Detailed Back Assessment: Reducing pain and enhancing performance	Conference	7.0	12/31/2018	
Red Warrior Nation	R.E.D. Warrior® Instructor Certification	Workshop/Seminar	1.2	12/31/2017	www.redwarrionation.com
Red Warrior Nation	R.E.D. Warrior® Online Training Workshop	Workshop/Seminar	0.8	12/31/2017	www.redwarrionation.com
Red Warrior Nation	R.E.D. Warrior® Training Workshop	Workshop/Seminar	0.9	12/31/2017	www.redwarrionation.com
Redcord USA	Active Intro	Workshop/Seminar	0.7	12/31/2017	www.redcord.us
Redcord USA	Active Pro	Workshop/Seminar	1.4	12/31/2017	redcord.myshopify.com/collections/redcord-active-medical-fitness-education-series
Redcord USA	Redcord Active Advanced: Corrective	Workshop/Seminar	1.4	12/31/2017	www.redcord.us
Redcord USA	Redcord Active Multi-Suspension	Workshop/Seminar	0.7	12/31/2017	WWW.redcord.US
Reembody	Chaos and Adaptation: How Humans Really Move	Workshop/Seminar	1.0	12/31/2017	reembodymethod.com
Rehab Trainer	Rehab Express	Workshop/Seminar	0.7	12/31/2017	http://www.rehabtrainer.com.au/course-types/rehab-express
Rehab Trainer	Rehab Trainer Essentials	Workshop/Seminar	1.9	12/31/2017	http://www.rehabtrainer.com.au/courses/
Rehab Trainer	Rehab Trainer Masterclass	Workshop/Seminar	1.6	12/31/2017	www.rehabtrainer.com.au
Rhythm Revolution, LLC	The Beat Clinic	Workshop/Seminar	0.6	12/31/2018	www.rtribe.com
Rhythm Revolution, LLC	The Beat Clinic	Workshop/Seminar	0.6	12/31/2018	www.rtribe.com
Rhythm Rumble Workout	Rhythm Rumble Workout Certification	Workshop/Seminar	1.2	12/31/2017	www.rhythmrumble.com
Rick McAvoy Aquatics	Hydro-Burn	Workshop/Seminar	0.6	12/31/2017	www.rickmcavoyaquatics.com
Rick McAvoy Aquatics	Hydro-Power	Workshop/Seminar	0.6	12/31/2017	www.rickmcavoyaquatics.com
Rick McAvoy Aquatics	Medically Based Aquatic Fitness	Workshop/Seminar	0.8	12/31/2017	http://www.aquastrength.com
River Valley Club	Migraines, Metabolism and Concussions	Conference	0.6	12/31/2017	http://www.rivervalleyclub.com
River Valley Club	Movement Training Specialist Assessment Series	Home Study	1.9	12/31/2017	http://www.rivervalleyclub.com
Rock Tape, Inc	Fascial Movement Taping (FMT) for Movability	Workshop/Seminar	0.8	12/31/2017	www.rocktape.com
Rock Tape, Inc	FMT Basic	Workshop/Seminar	0.8	12/31/2018	http://www.rocktape.com/education-research/functional-movement-techniques/
Rock Tape, Inc	FMT Performance	Workshop/Seminar	0.8	12/31/2018	http://www.rocktape.com/education-research/functional-movement-techniques/
Rock Tape, Inc	Functional Movement Techniques (FMT) Blades	Workshop/Seminar	0.8	12/31/2018	www.rocktape.com/education-research/
Rock Tape, Inc	Functional Movement Techniques (FMT) Blades Advanced	Workshop/Seminar	0.4	12/31/2018	www.rocktape.com
Rock Tape, Inc	Rockstock	Workshop/Seminar	1.2	12/31/2017	http://www.rocktape.com
Rock Tape, Inc	FMT Basic	Workshop/Seminar	0.8	12/31/2018	http://www.rocktape.com/education-research/functional-movement-techniques/
Rock Tape, Inc	FMT Performance	Workshop/Seminar	0.8	12/31/2018	http://www.rocktape.com/education-research/functional-movement-techniques/
Rock Tape, Inc	Functional Movement Techniques (FMT) Blades	Workshop/Seminar	0.8	12/31/2018	www.rocktape.com/education-research/
Rock Tape, Inc	Functional Movement Techniques (FMT) Blades Advanced	Workshop/Seminar	0.4	12/31/2018	www.rocktape.com
Rossiter LLC	Rossiter System® Unit 1-Head to Toe Pain Relief	Workshop/Seminar	1.4	12/31/2017	http://therossitersystem.com/
Rossiter LLC	Rossiter System® Unit 2-More Power, More Techniques	Workshop/Seminar	1.4	12/31/2017	http://therossitersystem.com/
Rossiter LLC	Rossiter System® Unit 3-Speed, Agility and Consistency	Workshop/Seminar	1.4	12/31/2017	http://therossitersystem.com/
Rossiter LLC	Rossiter System® Unit 4	Workshop/Seminar	1.4	12/31/2017	http://therossitersystem.com/
RumbleRoller	RumbleRoller Foundations Course	Workshop/Seminar	0.4	12/31/2017	www.rumbleroller.com
Run-Fit	14-Minute Metabolic Workouts	Home Study	1.0	12/31/2018	
Run-Fit	Fitness Myths, Misconceptions, and Misinformation	Home Study	0.3	12/31/2018	run-fit.com
Run-Fit	Marathon Running	Home Study	0.5	12/31/2018	http://run-fit.com
Run-Fit	Recovery Nutrition	Home Study	0.4	12/31/2018	run-fit.com
Run-Fit	REVO <sub>2</sub> LUTION RUNNING	Home Study	1.9	12/31/2018	http://run-fit.com
Run-Fit	Running for Weight Loss	Home Study	0.5	12/31/2018	run-fit.com
Run-Fit	The Inner Runner	Home Study	0.5	12/31/2018	run-fit.com
Run-Fit	Womens Running	Home Study	0.5	12/31/2018	http://run-fit.com
Run-Fit	14-Minute Metabolic Workouts	Home Study	1.0	12/31/2018	
Run-Fit	Fitness Myths, Misconceptions, and Misinformation	Home Study	0.3	12/31/2018	run-fit.com
Run-Fit	Marathon Running	Home Study	0.5	12/31/2018	http://run-fit.com
Run-Fit	Recovery Nutrition	Home Study	0.4	12/31/2018	run-fit.com
Run-Fit	REVO <sub>2</sub> LUTION RUNNING	Home Study	1.9	12/31/2018	http://run-fit.com
Run-Fit	Running for Weight Loss	Home Study	0.5	12/31/2018	run-fit.com
Run-Fit	The Inner Runner	Home Study	0.5	12/31/2018	run-fit.com
Run-Fit	Womens Running	Home Study	0.5	12/31/2018	http://run-fit.com
RunLab Training, LLC	RunLab Training: Clinical Gait Specialist Level 1	Workshop/Seminar	1.9	12/31/2017	www.MeetOnTheTrack.com
SCHOTT & CO (previously Hamel College)	Functional Personal Trainer	Workshop/Seminar	1.9	12/31/2017	www.hamelcollege.nl
Schwinn Indoor Cycling/Core Health & Fitness	Schwinn Cycling Classic Instructor Certification	Workshop/Seminar	0.8	12/31/2017	www.schwinneducation.com
Schwinn Indoor Cycling/Core Health & Fitness	Schwinn Cycling Instructor Workshop: All the Right Cues	Workshop/Seminar	0.2	12/31/2017	www.schwinneducation.com
Schwinn Indoor Cycling/Core Health & Fitness	Schwinn Cycling Power Instructor Certification	Workshop/Seminar	0.8	12/31/2017	www.schwinneducation.com
Schwinn Indoor Cycling/Core Health & Fitness	Schwinn Cycling: Class Design, Crunch Time.	Workshop/Seminar	0.2	12/31/2017	www.schwinneducation.com
Schwinn Indoor Cycling/Core Health & Fitness	Schwinn Cycling:Leave em Breathless II	Workshop/Seminar	0.2	12/31/2017	www.schwinneducation.com
Scoliosis Systems LLP	Scoliosis Exercise Training	Workshop/Seminar	1.9	12/31/2017	scoliosissystems.com
SCW Fitness Education	2017 SCW Florida MANIA® Conference	Conference	1.9	12/31/2017	www.scwfit.com/MANIA
SCW Fitness Education	Aqua Zen	Workshop/Seminar	0.1	12/31/2017	www.scwfit.com
SCW Fitness Education	Deeper Love	Workshop/Seminar	0.1	12/31/2017	www.scwfit.com

SCW Fitness Education	SCW Active Aging Certification	Workshop/Seminar	0.7	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Aquatic Exercise Certification	Workshop/Seminar	0.8	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Ballet Barre Certification	Workshop/Seminar	0.7	12/31/2017	<a href="http://www.scwfitness.com/newsite.html">http://www.scwfitness.com/newsite.html</a>
SCW Fitness Education	SCW Ebbs & Flows: What's Up with Water	Workshop/Seminar	0.1	12/31/2017	<a href="http://www.scw.com/MANIA">www.scw.com/MANIA</a>
SCW Fitness Education	SCW Functional Flexibility Certification	Workshop/Seminar	0.4	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Group Exercise Certification	Workshop/Seminar	0.8	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Group Strength Training Certification	Workshop/Seminar	0.4	12/31/2017	<a href="http://www.scwfitness.com/">http://www.scwfitness.com/</a>
SCW Fitness Education	SCW Lifestyle and Behavioral Coaching Workshop	Workshop/Seminar	0.4	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Pilates Matwork Certification	Workshop/Seminar	0.8	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Seven Keys to Opening Your Own Facility Certification	Workshop/Seminar	0.7	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Small Group Training Certification	Workshop/Seminar	0.7	12/31/2017	<a href="http://www.scwfitness.com">http://www.scwfitness.com</a>
SCW Fitness Education	SCW Sports Nutrition Certification	Workshop/Seminar	0.6	12/31/2017	<a href="http://www.scwfitness.com/newsite.html">http://www.scwfitness.com/newsite.html</a>
SCW Fitness Education	SCW Training with Kettlebells Certification	Workshop/Seminar	0.6	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Wautoshop Original Videos	Home Study	0.2	12/31/2017	<a href="http://www.scwfit.com">www.scwfit.com</a>
SCW Fitness Education	SCW Wautoshop Platinum Videos	Home Study	0.2	12/31/2017	<a href="http://www.scwfit.com">www.scwfit.com</a>
SCW Fitness Education	SCW Weight Management Certification	Workshop/Seminar	0.6	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Yoga I Certification	Workshop/Seminar	0.7	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	SCW Yoga II Certification	Workshop/Seminar	0.4	12/31/2017	<a href="http://scwfit.com">http://scwfit.com</a>
SCW Fitness Education	Water Cardio & Core	Workshop/Seminar	0.1	12/31/2017	<a href="http://www.scwfit.com">www.scwfit.com</a>
SCW Fitness Education	WATERinMOTION® Certification	Workshop/Seminar	0.7	12/31/2017	<a href="http://www.scwfit.com">www.scwfit.com</a>
SH1FT	SH1FT 101	Home Study	8.0	12/31/2018	<a href="http://WWW.SH1FTFITNESS.COM">WWW.SH1FTFITNESS.COM</a>
SH1FT	SH1FT 101	Home Study	8.0	12/31/2018	<a href="http://WWW.SH1FTFITNESS.COM">WWW.SH1FTFITNESS.COM</a>
SHAY-MCENTEE WELLNESS WORKS INC.	BREATHING TECHNIQUES / STRESS MANAGEMENT	Workshop/Seminar	0.3	12/31/2017	
SHAY-MCENTEE WELLNESS WORKS INC.	ENERGY BREAK	Workshop/Seminar	0.3	12/31/2017	
Shepard Strength	Scientific Rational for Traditional Strength Exercise and Nutrition for Body Fat Reduction for...	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.shepardstrength.com">http://www.shepardstrength.com</a>
Signature Fitness Club	Bodyweight Foundations	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.signaturefitnessclub.com">http://www.signaturefitnessclub.com</a>
Signature Fitness Club	Gliding Basic Training	Workshop/Seminar	0.5	12/31/2017	<a href="http://www.signaturefitnessclub.com">www.signaturefitnessclub.com</a>
Slobody	The No BS Yoga Guide & Videos for Personal Trainers	Home Study	1.9	12/31/2017	<a href="http://slobody.com/yoga-for-personal-trainers/">http://slobody.com/yoga-for-personal-trainers/</a>
So Cal Strength & Conditioning	The Olympic Lifts: Theory & Practical Application	Workshop/Seminar	0.7	12/31/2017	<a href="http://www.socalsandc.com">www.socalsandc.com</a>
So Cal Strength & Conditioning	The Science H.I.I.T. & the Practical Application	Workshop/Seminar	0.7	12/31/2017	<a href="http://www.socalsandc.com">http://www.socalsandc.com</a>
Soccer Fitness Inc.	Soccer Fitness Trainer's Course	Workshop/Seminar	1.9	12/31/2017	<a href="http://www.soccerfitness.ca/2015/11/learn-to-train-your-players-the-soccer-fitness-way/">http://www.soccerfitness.ca/2015/11/learn-to-train-your-players-the-soccer-fitness-way/</a>
Somatic Anatomy	Somatic Anatomy/Embodied Physiology Intro	Workshop/Seminar	1.6	12/31/2017	<a href="http://www.somaticanatomy.com">http://www.somaticanatomy.com</a>
Soul Body LLC	SoulBody Training	Workshop/Seminar	0.9	12/31/2017	<a href="http://www.soulbodyonline.com">www.soulbodyonline.com</a>
Spartan Race Inc.	Spartan SGX Workshop	Workshop/Seminar	1.4	12/31/2017	<a href="http://www.spartansgx.com">www.spartansgx.com</a>
Spartan Race Inc.	Spartan Strong	Workshop/Seminar	0.7	12/31/2017	<a href="http://www.spartansgx.com">http://www.spartansgx.com</a>
Speck Fitness INC	Tendu Toning	Workshop/Seminar	1.4	12/31/2017	<a href="http://www.speckfitness.com">www.speckfitness.com</a>
Speedball Fitness	Speedball Fitness Instructor Training	Workshop/Seminar	0.5	12/31/2017	<a href="http://www.speedballfitness.com">www.speedballfitness.com</a>
SPIDERfit Kids	Powerful Play- The Ultimate Guide to the Foundations of Youth Fitness and Physical Literacy	Workshop/Seminar	0.7	12/31/2017	<a href="http://www.powerfulplaycourse.com">www.powerfulplaycourse.com</a>
SPIN CITY AERIAL FITNESS	BEGINNERS AERIAL HOOP INSTRUCTOR ONLINE	Home Study	1.9	12/31/2017	<a href="http://www.spincityinstructortraining.com">www.spincityinstructortraining.com</a>
SPIN CITY AERIAL FITNESS	BEGINNERS AERIAL HOOP INSTRUCTOR WORKSHOP	Workshop/Seminar	1.6	12/31/2017	<a href="http://www.spincityinstructortraining.com">www.spincityinstructortraining.com</a>
SPIN CITY AERIAL FITNESS	BEGINNERS POLE FITNESS INSTRUCTOR ONLINE	Home Study	1.9	12/31/2017	<a href="http://www.spincityinstructortraining.com">www.spincityinstructortraining.com</a>
SPIN CITY AERIAL FITNESS	INTERMEDIATE AERIAL HOOP INSTRUCTOR ONLINE	Home Study	1.9	12/31/2017	<a href="http://www.spincityinstructortraining.com">www.spincityinstructortraining.com</a>
SPIN CITY AERIAL FITNESS	INTERMEDIATE AERIAL HOOP INSTRUCTOR WORKSHOP	Workshop/Seminar	1.6	12/31/2017	<a href="http://www.spincityinstructortraining.com">www.spincityinstructortraining.com</a>
SPIN CITY AERIAL FITNESS	INTERMEDIATE POLE FITNESS INSTRUCTOR ONLINE	Home Study	1.9	12/31/2017	<a href="http://www.spincityinstructortraining.com">www.spincityinstructortraining.com</a>
Sports Nutrition Workshop	Nutrition for Sports, Exercise, & Weight Management-What Really Works, and why!	Workshop/Seminar	1.0	12/31/2017	<a href="http://www.nutritionportsexerciseceus.com">http://www.nutritionportsexerciseceus.com</a>
Sports Nutrition Workshop	Nutrition for Sports, Exercise, & Weight Management-What Really Works, and why!	Home Study	1.0	12/31/2017	<a href="http://www.nutritionportsexerciseceus.com">http://www.nutritionportsexerciseceus.com</a>
Sportslines	BLACKROLL ® Certified Trainer Course	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.sportslines.com.hk">www.sportslines.com.hk</a>
SPRY Yoga®	SPRY Yoga®	Workshop/Seminar	0.6	12/31/2017	<a href="http://www.spryyoga.com">www.spryyoga.com</a>
Stages Cycling	Instructor Essentials	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.stagescycling.com">www.stagescycling.com</a>
Stamina Products, Inc.	Juvo Board Foundation Course	Workshop/Seminar	1.5	12/31/2017	<a href="http://www.juvoboard.com">http://www.juvoboard.com</a>
START Fitness/Fit to Fight	Boot Camp Instructor Course (Level 1)	Workshop/Seminar	0.8	12/31/2017	
START Fitness/Fit to Fight	Boot Camp Instructor Course and Mentoring Program (Level 2)	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.startfitness.com">www.startfitness.com</a>
START Fitness/Fit to Fight	Boot Camp Instructor Course and Mentoring Program (Levels 1-2)	Workshop/Seminar	1.2	12/31/2017	<a href="http://www.startfitness.com">www.startfitness.com</a>
START Fitness/Fit to Fight	Boot Camp Master Instructor Course and Leadership Program (Level 3)	Workshop/Seminar	1.6	12/31/2017	<a href="http://www.startfitness.com">www.startfitness.com</a>
START Fitness/Fit to Fight	Operation Craving Competition - Circuit Training Master Class	Workshop/Seminar	0.2	12/31/2018	
START Fitness/Fit to Fight	RESILIENCE WORKS: A Life Coaching Intensive with SGT Ken®	Workshop/Seminar	0.4	12/31/2017	<a href="http://www.startfitness.com">www.startfitness.com</a>
START Fitness/Fit to Fight	Operation Craving Competition - Circuit Training Master Class	Workshop/Seminar	0.2	12/31/2018	
Steve Nash Fitness World & Sports Club	nashFIT1	Workshop/Seminar	1.9	12/31/2017	<a href="http://www.snclubs.com">www.snclubs.com</a>
Steve Nash Fitness World & Sports Club	Therapeutic Mobility	Workshop/Seminar	1.4	12/31/2017	<a href="http://www.snclubs.com">www.snclubs.com</a>
StickMobility	Stick Mobility Level-1 Certification	Workshop/Seminar	1.3	12/31/2017	<a href="https://stickmobility.com/certification/">https://stickmobility.com/certification/</a>
STOKES FITNESS ACADEMY	BReformed Level One Basics Certification	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.brelifestyles.com">www.brelifestyles.com</a>
Stretch to Win Institute	Certified Fascial Stretch Therapist Level 1	Workshop/Seminar	1.9	12/31/2017	<a href="http://www.stretchtowin.com">http://www.stretchtowin.com</a>
StrongFirst, Inc.	SFG Kettlebell User Course	Workshop/Seminar	0.8	12/31/2017	<a href="http://www.strongfirst.com">www.strongfirst.com</a>
Stroops	VITL	Workshop/Seminar	0.8	12/31/2017	<a href="https://stroops.com/academy/vitl-courses/">https://stroops.com/academy/vitl-courses/</a>
Stroops	VITL ONLINE CERTIFICATION	Home Study	0.2	12/31/2017	<a href="http://www.stroops.com">http://www.stroops.com</a>
Sunshine Fitness Resources	Book Yourself Solid	Workshop/Seminar	0.8	12/31/2018	<a href="http://www.sfresources.com">http://www.sfresources.com</a>
Sunshine Fitness Resources	GroupEx P.R.O. Management Systems	Workshop/Seminar	0.8	12/31/2018	<a href="http://www.sfresources.com">http://www.sfresources.com</a>
Sunshine Fitness Resources	It's What You Don't Say That Counts	Workshop/Seminar	0.2	12/31/2017	<a href="http://ShannonFable.com">ShannonFable.com</a>
Sunshine Fitness Resources	Book Yourself Solid	Workshop/Seminar	0.8	12/31/2018	<a href="http://www.sfresources.com">http://www.sfresources.com</a>
Sunshine Fitness Resources	GroupEx P.R.O. Management Systems	Workshop/Seminar	0.8	12/31/2018	<a href="http://www.sfresources.com">http://www.sfresources.com</a>
Super Body Super Brain	Super Body Super Brain Instructor Certification	Workshop/Seminar	1.2	12/31/2017	<a href="http://www.superbodysuperbrain.com">www.superbodysuperbrain.com</a>
Suples	Dynamic Movement Training with the Bulgarian Bag	Workshop/Seminar	0.9	12/31/2017	<a href="http://www.suples.com">www.suples.com</a>
Synergence Teacher Training	YogaBarre Teacher Training	Workshop/Seminar	1.6	12/31/2018	
Synergence Teacher Training	YogaBarre Teacher Training	Workshop/Seminar	1.6	12/31/2018	
Tabata Bootcamp	Bosu	Workshop/Seminar	0.2	12/31/2017	<a href="http://tabatabootcamp.com">tabatabootcamp.com</a>
Tabata Bootcamp	Cardio Crazy	Workshop/Seminar	0.2	12/31/2017	<a href="http://tabatabootcamp.com">tabatabootcamp.com</a>
Tabata Bootcamp	Gliding Total Body Basics	Workshop/Seminar	0.4	12/31/2017	<a href="http://tabatabootcamp.com">tabatabootcamp.com</a>
Tabata Bootcamp	Tabata Bootcamp	Workshop/Seminar	0.9	12/31/2017	<a href="http://www.mindmyrea.com">http://www.mindmyrea.com</a>
Tathata Golf	Certified Movement Specialist Program	Home Study	1.9	12/31/2017	<a href="http://www.tathatagolf.com">www.tathatagolf.com</a>
Team Alloy	Alloy: Personal Training Programming Certification	Workshop/Seminar	0.8	12/31/2018	<a href="http://www.teamalloy.com">www.teamalloy.com</a>
Team Alloy	Alloy: Personal Training Programming Certification	Workshop/Seminar	0.8	12/31/2018	<a href="http://www.teamalloy.com">www.teamalloy.com</a>
The Abs Company	Introduction to Battle Rope ST: Level One	Workshop/Seminar	0.5	12/31/2018	
The Abs Company	Introduction to Battle Rope ST: Level Two	Workshop/Seminar	0.5	12/30/2018	
The Abs Company	Introduction to Battle Rope ST: Level One	Workshop/Seminar	0.5	12/31/2018	
The Ballet Physique	Ballet Physique Barre Certification	Workshop/Seminar	1.9	12/31/2017	<a href="http://www.theballetphysique.com">http://www.theballetphysique.com</a>
The Bannister-Method	A.B.U (A Better You)	Workshop/Seminar	0.6	12/31/2017	<a href="http://www.gailbannistermunn@mc.com">www.gailbannistermunn@mc.com</a>

The Bannister-Method	Animation VS. Education	Workshop/Seminar	0.4	12/31/2017	www.gailbannistermunn@mc.com
The Bannister-Method	Bring The Heat Interval Training	Workshop/Seminar	6.0	12/31/2017	www.gailbannistermunn@mc.com
The Bannister-Method	Hands On Stretching for PT	Workshop/Seminar	0.6	12/31/2017	www.gailbannistermunn@mc.com
The Bannister-Method	Learn To Teach Base Line Chorography	Workshop/Seminar	0.2	12/31/2017	www.gailbannistermunn.com
The Bannister-Method	Resist-A-Ball Strength Training Options	Workshop/Seminar	0.6	12/31/2017	www.gailbannistermunn@mc.com
The Bannister-Method	The Bannister Method (Yoga Base class)	Workshop/Seminar	0.6	12/31/2017	www.gailbannistermunn@mc.com
The Bannister-Method	The Bare Essentials (Strength Training 101)	Workshop/Seminar	0.6	12/31/2017	www.gailbannistermunn@mc.com
The Bannister-Method	The Re-Birth Of Step	Workshop/Seminar	0.8	12/31/2017	www.gailbannistermunn@mc.com
The BREATHING with Belisa Vranich	The BREATHE Certification Teacher Training Program for Meditation and Breathwork	Workshop/Seminar	1.9	12/31/2017	https://www.thebreathingclass.com/
The Dailey Method	Basic Barre Certification	Workshop/Seminar	1.4	12/31/2017	www.thedaileymethod.com
The Gray Institute	3D Movement Analysis & Performance System (3DMAPS) Home Study	Home Study	1.0	12/31/2017	www.grayinstitute.com
The Gray Institute	Anterior Chain Reaction	Workshop/Seminar	0.2	12/31/2017	
The Gray Institute	Certification in Applied Functional Science	Home Study	1.9	12/31/2017	www.grayinstitute.com
The Gray Institute	Chain Reaction™: In-Action	Workshop/Seminar	1.8	12/31/2017	www.grayinstitute.com
The Kinesis Centre	Training the Bariatric Client	Workshop/Seminar	0.2	12/31/2017	http://www.thekinesiscentre.com
The MELT Method (Longevity Fitness, Inc.)	MELT Hand and Foot Training: New Science of the Human Body	Workshop/Seminar	1.9	12/31/2017	www.meltmethod.com
The MELT Method (Longevity Fitness, Inc.)	MELT Instructor Level 2 Training	Workshop/Seminar	1.9	12/31/2017	www.meltmethod.com
The MELT Method (Longevity Fitness, Inc.)	MELT Instructor Training Level 1	Workshop/Seminar	1.9	12/31/2017	www.meltmethod.com
The MELT Method (Longevity Fitness, Inc.)	MELT Lab Level 1 Training	Workshop/Seminar	1.4	12/31/2017	http://www.meltmethod.com
The MELT Method (Longevity Fitness, Inc.)	MELT NeuroStrength Level 1 Training	Workshop/Seminar	1.9	12/31/2017	www.meltmethod.com
The Movement Fix	The Movement Fix Workshop	Workshop/Seminar	0.7	12/31/2017	TheMovementFix.com
The Muscle Project	ADVANCED ANATOMY AND MECHANICAL EXPLORATION LOWER BODY	Workshop/Seminar	1.7	12/31/2017	http://the-muscle-project.com
The Stress Management Institute for Health and Fitness Professionals	Stress Management Exercise Specialist (Level 1) Home Study	Home Study	1.0	12/31/2017	http://www.tsmihf.com
The Stress Management Institute for Health and Fitness Professionals	Stress Management Exercise Specialist (Level 1) Workshop	Workshop/Seminar	1.0	12/31/2017	http://www.tsmihf.com
The Stress Management Institute for Health and Fitness Professionals	Stress Management Exercise Specialist™ (Level 2) Home Study	Home Study	0.9	12/31/2017	http://www.tsmihf.com
The Stress Management Institute for Health and Fitness Professionals	Stress Management Exercise Specialist™ (Level 2) Workshop	Workshop/Seminar	9.0	12/31/2017	http://www.tsmihf.com
The World GROOVE Movement	The GROOVE Method Facilitator Training	Workshop/Seminar	15.0	12/31/2018	https://www.theworldgroovemovement.com
The World GROOVE Movement	The GROOVE Method Facilitator Training	Workshop/Seminar	15.0	12/31/2018	https://www.theworldgroovemovement.com
The ZEN Barre	Zen Barre Certification Home Study	Home Study	1.4	12/31/2017	www.thezenbarre.com
The ZEN Barre	Zen Barre Certification Home Study	Home Study	0.8	12/31/2018	the-zen-barre.teachable.com
The ZEN Barre	Zen Barre Certification Workshop	Workshop/Seminar	1.4	12/31/2017	
The ZEN Barre	Zen Barre Certification Workshop	Workshop/Seminar	0.8	12/31/2018	www.thezenbarre.com
The ZEN Barre	Zen Barre Certification Home Study	Home Study	0.8	12/31/2018	the-zen-barre.teachable.com
The ZEN Barre	Zen Barre Certification Workshop	Workshop/Seminar	0.8	12/31/2018	www.thezenbarre.com
Throwback Fitness	Throwback Fitness Fundamentals	Workshop/Seminar	0.8	12/31/2017	www.throwbackfit.com
Todd Durkin Enterprises	3.5 Day Mentorship Program	Workshop/Seminar	1.9	12/31/2017	www.ToddDurkin.com
Total Body Tabata (tm) LLC	Tabata Basic Instructor Training Certification Self Study Course	Home Study	0.8	12/31/2017	http://www.totalbodytabata.com
Total Body Tabata (tm) LLC	Total Body Tabata Basic Instructor Training	Workshop/Seminar	0.8	12/31/2017	www.totalbodytabata.com
Total Gym/GRAVITY	GRAVITY Inside: Essentials Online	Home Study	0.7	12/31/2017	https://gravitystudio.idealit.com
Total Gym/GRAVITY	GRAVITY Inside: Essentials Workshop	Workshop/Seminar	1.6	12/31/2017	https://gravitystudio.idealit.com
Total Mommy Fitness	Total Mommy Fitness Certification	Home Study	1.0	12/31/2017	www.TotalMommyFitness.com
Totten Training Systems, LLC	Basic Olympic Lifting Certification (BOLC)	Workshop/Seminar	0.8	12/31/2017	www.tottentraining.com
Totten Training Systems, LLC	Coaches Education and Lifting Certification (CELC)	Workshop/Seminar	0.8	12/31/2017	www.tottentraining.com
Trainer Hall	Motivational Theories and Research of Trainer Client Relationships	Workshop/Seminar	0.3	12/31/2017	trainerhall.com
Trainology	Trainology 101	Workshop/Seminar	0.8	12/31/2017	www.trainology.net
TRIBE Team Training USA	TRIBE Team Training	Workshop/Seminar	0.5	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeCORE	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeFIT	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeKIDS	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeLIFE	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribePUNCH	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training	Workshop/Seminar	0.5	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeCORE	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeFIT	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeKIDS	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeLIFE	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribePUNCH	Workshop/Seminar	0.4	12/31/2018	www.tribeteamtraining.com
Trigger Point Performance	Assessments to Performance: Using Mobility as the Foundation for Function	Workshop/Seminar	0.4	12/31/2017	www.tpttherapy.com
Trigger Point Performance	Cold Myofascial Compression™ Techniques for Cold Therapy	Home Study	0.1	12/31/2017	www.tpttherapy.com
Trigger Point Performance	Foam Rolling: Principles and Practices	Workshop/Seminar	0.4	12/31/2017	www.tpttherapy.com
Trigger Point Performance	Foot & Lower Leg Mobility	Home Study	0.1	12/31/2017	http://tpttherapy.idealit.com/courses
Trigger Point Performance	GRID® Rolling: Foundations – Online Course	Home Study	0.1	12/31/2017	www.tpttherapy.com
Trigger Point Performance	Multi-Tool Mobility: Advanced Self-Myofascial Release Techniques	Workshop/Seminar	0.4	12/31/2017	www.tpttherapy.com
Trigger Point Performance	Multi-Tool Mobility: Advanced Self-Myofascial Release Techniques 7 hr	Workshop/Seminar	0.7	12/31/2017	www.tpttherapy.com
Trigger Point Performance	Myofascial Compression™ Techniques Foundations – Online Course	Home Study	0.2	12/31/2017	www.tpttherapy.com
Trigger Point Performance	Myofascial Compression™ Techniques: The Evolution of Foam Rolling	Workshop/Seminar	0.7	12/31/2017	www.tpttherapy.com
Trigger Point Performance	SMART-CORE® Training (7hr)	Workshop/Seminar	0.7	12/31/2017	www.tpttherapy.com
Trigger Point Performance	TriggerPoint 2.0 – Advanced Applications of Myofascial Compression Techniques	Home Study	0.2	12/31/2017	http://tpttherapy.idealit.com/courses
Trigger Point Performance	TriggerPoint Movement for UFC Gym	Workshop/Seminar	0.4	12/31/2017	www.tpttherapy.com
TRX	2017 TRX Trainer Summit	Workshop/Seminar	1.4	12/31/2017	http://www.opstudiohk.com/opscourse/trx-trainer-summit/
TRX	Find Your Why in Training and Programming	Workshop/Seminar	1.6	12/31/2017	www.trxtraining.com
TRX	TRX Advanced Group Training Course (AGTC)	Workshop/Seminar	1.8	12/31/2017	TRXtraining.com
TRX	TRX For Yoga	Home Study	0.5	12/31/2017	TRXtraining.com
TRX	TRX FORCE Operator's Training Course (Level 1)	Workshop/Seminar	0.4	12/31/2017	www.trxtraining.com
TRX	TRX FORCE Operator's Training Course (Level 2)	Workshop/Seminar	0.8	12/31/2017	www.trxtraining.com
TRX	TRX FORCE Operator's Training Course (Level 3)	Workshop/Seminar	1.6	12/31/2017	www.trxtraining.com
TRX	TRX Functional Training Course (FTC)	Workshop/Seminar	0.7	12/31/2017	www.trxtraining.com
TRX	TRX Group Rip Training Course (GRTC)	Workshop/Seminar	0.7	12/31/2017	www.trxtraining.com
TRX	TRX Group Suspension Training Course (GSTC)	Workshop/Seminar	0.7	12/31/2017	www.trxtraining.com
TRX	TRX Group Training Course (GTC)	Workshop/Seminar	0.8	12/31/2017	www.trxtraining.com
TRX	TRX RIP Training Course (RTC)	Workshop/Seminar	0.8	12/31/2017	www.trxtraining.com
TRX	TRX Sports Medicine Suspension Training Course Level 2 (SMSTC Lvl 2)	Workshop/Seminar	0.7	12/31/2017	www.trxtraining.com
TRX	TRX Suspension Training Course (STC)	Workshop/Seminar	0.7	12/31/2017	www.trxtraining.com
TRX	TRX Trainer Basics Course	Home Study	0.3	12/31/2017	www.trxtraining.com
Tsunami Fitness	Tsunami Fitness Instructor Course	Workshop/Seminar	0.8	12/31/2017	Tsunami-Fitness.com
Tsunami Fitness	Tsunami Fitness Instructor Training Online	Home Study	0.3	12/31/2017	Tsunami Fitness.com



Tuck Barre and Yoga	Barre Teacher Training Program	Workshop/Seminar	1.9	12/31/2018	www.tuckbarreyoga.com
Tuck Barre and Yoga	Barre Teacher Training Program	Workshop/Seminar	1.9	12/31/2018	www.tuckbarreyoga.com
Tune Up Fitness World Wide, Inc.	The Roll Model® Method - Ball Sequencing & Innovation	Workshop/Seminar	0.7	12/31/2017	www.tuneupfitness.com
Tune Up Fitness World Wide, Inc.	The Roll Model® Method - Correspondence Course	Workshop/Seminar	1.4	12/31/2017	www.tuneupfitness.com
Tune Up Fitness World Wide, Inc.	The Roll Model® Method –The Science of Rolling	Workshop/Seminar	0.8	12/31/2017	www.tuneupfitness.com
Tune Up Fitness World Wide, Inc.	Treat While You Train- Correspondence Course	Workshop/Seminar	1.1	12/31/2017	www.tuneupfitness.com
Twin Cities Orthopedics	Mobility: Integration into the Corrective & Performance Continuum	Workshop/Seminar	0.6	12/31/2017	http://www.TCOMMN.com
Ultimate Movement, LLC (raisedbarre)	raisedbarre Instructor Training	Workshop/Seminar	1.2	12/31/2017	
United Endurance Sports Coaching Academy	Running Coach Certification	Home Study	1.9	12/31/2017	www.coachendurancesports.com
United Endurance Sports Coaching Academy	Triathlon Coaching Certification	Home Study	1.9	12/31/2017	www.coachendurancesports.com
Urbankick w/Shane Barnard & Miwa Natsuki	Urbankick Instructor Certification	Workshop/Seminar	0.8	12/31/2017	www.urbankick.com
Urbankick w/Shane Barnard & Miwa Natsuki	Urbankick Instructor Certification online	Home Study	0.8	12/31/2017	www.urbankick.com
Urbankick w/Shane Barnard & Miwa Natsuki	Urbanplay Coach Training	Home Study	1.0	12/31/2017	www.urbanplayfitness.org
urbodiffitness - Debbie Kielmar	Functional Fusion™	Workshop/Seminar	0.5	12/31/2017	http://www.urbodiffitness.com
US Fitness Holdings LLC	Personal Training - Member Integration, Business Planning and Program Design	Workshop/Seminar	0.1	12/31/2018	www.onelifefitness.com
US Fitness Holdings LLC	Personal Training - Member Integration, Business Planning and Program Design	Workshop/Seminar	0.1	12/31/2018	www.onelifefitness.com
VeraFlow	VeraFlow Instructor	Workshop/Seminar	1.6	12/31/2017	www.veraflow.com
Vibe Ride	Vibe Ride Indoor Cycling	Workshop/Seminar	0.5	12/31/2017	www.theviberide.com
VICORE Fitness	Terra Core Conditioning	Workshop/Seminar	0.5	12/31/2017	http://www@vicorefitness.com
VicteliB	Boot Camp Challenge	Workshop/Seminar	1.9	12/31/2017	www.victelib.com
VicteliB	Eat, Train, Repeat	Workshop/Seminar	1.9	12/31/2017	www.victelib.com
VIVE BARRE	Barre Instructor	Workshop/Seminar	1.9	12/31/2017	www.vivebarre.com
WAKO Kickboxing (Singapore)	ACTIVE RED KICKBOXING TRAINER – LEVEL 1 CERTIFICATION SEMINAR	Workshop/Seminar	1.6	12/31/2017	www.activered.sg
Watkins Aquatic Fitness Solutions	Aqua: Choosing Your Own Choreography Taking the Plunge	Workshop/Seminar	0.3	12/31/2017	www.watkinsaquaticfitnessolutions.com
Watkins Aquatic Fitness Solutions	Aquatic Baby Boomer Boot Camp Challenge	Workshop/Seminar	0.3	12/31/2017	www.watkinsaquaticfitnessolutions.com
Watkins Aquatic Fitness Solutions	Aquatic Choreography for the Core	Workshop/Seminar	0.3	12/31/2017	www.watkinsaquaticfitnessolutions.com
Watkins Aquatic Fitness Solutions	Aquatic Kick and Burn Boot Camp	Workshop/Seminar	0.3	12/31/2018	www.watkinsaquaticfitness.com
Watkins Aquatic Fitness Solutions	Aquatic Muscle Mix	Workshop/Seminar	0.3	12/31/2017	www.watkinsaquaticfitnessolutions.com
Watkins Aquatic Fitness Solutions	Aquatic Personal Training	Workshop/Seminar	0.3	12/31/2018	
Watkins Aquatic Fitness Solutions	Creative Aquatic Boot Camps	Workshop/Seminar	0.3	12/31/2017	www.watkinsaquaticfitnessolutions.com
Watkins Aquatic Fitness Solutions	Dynamic Deep Water Combos	Home Study	3.0	12/31/2018	
Watkins Aquatic Fitness Solutions	Aquatic Kick and Burn Boot Camp	Workshop/Seminar	0.3	12/31/2018	www.watkinsaquaticfitness.com
Watkins Aquatic Fitness Solutions	Aquatic Personal Training	Workshop/Seminar	0.3	12/31/2018	
Watkins Aquatic Fitness Solutions	Dynamic Deep Water Combos	Home Study	3.0	12/31/2018	
Wellcoaches Corporation	Core Health & Wellness Coach Training Program	Home Study	1.9	12/31/2017	www.wellcoacheschool.com
willPower productions, llc	Climbing the Fitness Ladder	Workshop/Seminar	0.6	12/31/2017	www.willPowerMethod.com
willPower productions, llc	The willPower Method - Phase I	Workshop/Seminar	0.8	12/31/2017	www.willPowerMethod.com
willPower productions, llc	The willPower Method - Phase II	Workshop/Seminar	0.8	12/31/2017	www.willPowerMethod.com
Workout Bar	Workout Bar Leader Course	Workshop/Seminar	1.0	12/30/2018	
WorkoutAbility	Training a Disabled Population	Home Study	0.3	12/31/2018	www.WorkoutAbility.com
WorkoutAbility	Training a Disabled Population Workshop	Workshop/Seminar	0.3	12/31/2018	www.WorkoutAbility.com
WorkoutAbility	Training a Disabled Population	Home Study	0.3	12/31/2018	www.WorkoutAbility.com
WorkoutAbility	Training a Disabled Population Workshop	Workshop/Seminar	0.3	12/31/2018	www.WorkoutAbility.com
World Calisthenics Organization, Inc.	WCO StreetSport Level 1	Workshop/Seminar	0.7	12/31/2017	www.worldcalisthenics.org
World Calisthenics Organization, Inc.	WCO StreetSport Level 2	Workshop/Seminar	0.7	12/31/2017	www.worldcalisthenics.org
Wukkout!	Wukkout! Instructor Training	Workshop/Seminar	0.7	12/31/2017	http://wukkout.com/instructor-training
XCO Latin Workout by Jackie	XCO Latin Workout by Jackie	Workshop/Seminar	1.4	12/31/2018	www.xcolatinworkout.com
XCO Latin Workout by Jackie	XCO Latin Workout by Jackie	Workshop/Seminar	1.4	12/31/2018	www.xcolatinworkout.com
Y2B Fit, LLC	Y2Barre™ Instructor Training	Workshop/Seminar	1.2	12/31/2017	www.y2bfit.com
Yoga Energy Studio	Yoga on a SUP Teacher Training	Workshop/Seminar	1.9	12/31/2017	www.YogaEnergy.com
Yoga International	Yoga Anatomy Training	Workshop/Seminar	1.9	12/31/2017	yogainternational.com/course/yoga-anatomy
Your Body is Waiting, LLC	The Fascianation Method of Self-Myofascial Release	Workshop/Seminar	0.4	12/31/2017	www.thefascianator.com
Zetlin Fitness	Push-Up Progression Specialist	Home Study	0.7	12/31/2017	www.zetlinfitness.com
Z-Health Performance Solutions	Essentials for Elite Performance	Workshop/Seminar	1.9	12/31/2018	http://zhealtheducation.com/
Z-Health Performance Solutions	Essentials for Elite Performance	Workshop/Seminar	1.9	12/31/2018	http://zhealtheducation.com/