



NASM PREFERRED PROVIDER PROGRAM

Provider	Title	Course Type	CEUs	Expires On	Registration URL
305 Fitness	305 Fitness Instructor Training	Workshop/Seminar	1.9	12/31/19	
Academy of Holistic Fitness	Holistic Fitness	Home Study	1.9	12/31/19	www.academyofholisticfitness.com
Academy of Holistic Fitness	Mind-Body Fitness for Personal Trainers	Home Study	1.9	12/31/19	www.academyofholisticfitness.com
Academy of Holistic Fitness	Practical Yoga for Personal Trainers	Home Study	1.9	12/31/19	www.academyofholisticfitness.com
Academy of Holistic Fitness	Yoga Teacher Training	Home Study	1.9	12/31/19	www.academyofholisticfitness.com
Aerial Physique	Aerial Physique Teacher Training	Workshop/Seminar	1.9	12/31/19	
AFAA	All AFAA courses are approved with NASM	Home Study		12/31/19	
Alpha Warrior	Alpha Warrior Level 1 Accelerated	Workshop/Seminar	0.7	12/31/19	https://alphawarrior.com
Alpha Warrior	Alpha Warrior Level 2	Workshop/Seminar	1.9	12/31/19	
Alpha Warrior	Level 1 Certification	Workshop/Seminar	1.2	12/31/19	
American Council on Exercise (ACE)	ACE Behavior Change in Practice: Hands-on Skills for Health Coaches and Exercise Professionals	Workshop/Seminar	0.5	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	ACE Behavior Change Specialist	Home Study	1.9	12/31/19	http://www.acefitness.org/fitness-certifications/specialty-certifications/behavior-change.aspx
American Council on Exercise (ACE)	ACE Fitness Nutrition Specialist	Home Study	1.9	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	ACE Functional Training Specialist	Home Study	1.9	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	ACE Senior Fitness Specialist	Home Study	1.9	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	ACE Sports Conditioning Specialist	Home Study	1.9	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	ACE Sports Performance Workshop	Workshop/Seminar	0.8	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	ACE Weight Management Specialist	Home Study	1.9	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	ACE Youth Fitness Specialist	Home Study	1.9	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	Fitness Programming for Overweight Clients & Clients Affected by Obesity	Workshop/Seminar	0.8	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	Metabolic Training Workshop	Workshop/Seminar	0.8	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	Movement Based Exercise Workshop	Workshop/Seminar	0.8	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	Personal Training Workshop: Client Communication, Assessment and Program Design	Workshop/Seminar	0.8	12/31/19	www.acefitness.org
American Council on Exercise (ACE)	Small Group Training Workshop	Workshop/Seminar	0.5	12/31/19	www.acefitness.org
Anatomy4Fitness, LLC	Musculoskeletal Anatomy Course	Workshop/Seminar	0.3	12/31/19	
AntiGravity® Fitness	AntiGravity® 1on1: D-kink	Workshop/Seminar	0.6	12/31/19	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Aerial Yoga 1	Workshop/Seminar	1.6	12/31/19	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Aerial Yoga 2	Workshop/Seminar	1.6	12/31/19	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® AIRbarre 1	Workshop/Seminar	1.6	12/31/19	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Fundamentals 1&2	Workshop/Seminar	1.9	12/31/19	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Just Kids 1&2	Workshop/Seminar	1.9	12/31/19	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Pilates 1	Workshop/Seminar	1.6	12/31/19	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Restorative Yoga	Workshop/Seminar	1.6	12/31/19	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Suspension Fitness 1	Workshop/Seminar	1.6	12/31/19	www.antigravityfitness.com
AntiGravity® Fitness	AntiGravity® Suspension Fitness 2	Workshop/Seminar	1.6	12/31/19	www.antigravityfitness.com
Anytime Fitness (H2A2)	Mindshift	Workshop/Seminar	0.8	12/31/19	
Assured Fitness	GROUP EXERCISE: 101	Workshop/Seminar	0.8	12/31/19	
Assured Fitness	Pressure Point: Muscle Rejuvenation	Workshop/Seminar	0.8	12/31/19	
Assured Fitness	Senior Fitness - Senior Fit & Fun	Workshop/Seminar	0.8	12/31/19	
Assured Fitness	Specialized Military Fitness Programming	Workshop/Seminar	1.5	12/31/19	
Assured Fitness	Yoga 24/7	Workshop/Seminar	0.4	12/31/19	
Assured Fitness	Yoga Burn & Firm	Workshop/Seminar	0.4	12/31/19	
Assured Fitness	Youth Fitness - Fit-4-Kids	Workshop/Seminar	0.8	12/31/19	
Barre Variations	Barre Variation Teacher Training	Workshop/Seminar	0.8	12/31/19	
Be Well Personal Training	Integrating the Thoracic Spine and Pelvis	Workshop/Seminar	0.4	12/31/19	www.jennpilotti.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Adductors	Home Study	0.2	12/31/19	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Advancements in Exercise Selection 2: A Case Study Approach to Corrective Exercise	Workshop/Seminar	1.6	12/31/19	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Ankle Joint	Home Study	0.3	12/31/19	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Anterior Oblique Subsystem Integration	Workshop/Seminar	0.1	12/31/19	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Biceps Femoris	Home Study	0.2	12/31/19	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Cervical Spine	Home Study	0.3	12/31/19	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Coracobrachialis	Home Study	0.2	12/31/19	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Corrective Exercise Lab	Workshop/Seminar	1.6	12/31/19	brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deep Cervical Flexor Activation	Home Study	0.1	12/31/19	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deep Longitudinal Subsystem	Home Study	0.1	12/31/19	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deep Neck Flexors	Home Study	0.2	12/31/19	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deltoids	Home Study	0.2	12/31/19	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	12/31/19	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Erector Spinae	Home Study	0.2	12/31/19	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	12/31/19	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Flexor Hallucis Longus and Flexor Digitorum Longus	Workshop/Seminar	0.2	12/31/19	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Functional Anatomy 1: Introduction	Home Study	0.3	12/31/19	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	12/31/19	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	12/31/19	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Gluteus Maximus	Home Study	0.2	12/31/19	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Gluteus Maximus Activation	Home Study	0.1	12/31/19	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Gluteus Medius Activation	Home Study	0.1	12/31/19	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip External Rotator: Release and Lengthening	Home Study	0.1	12/31/19	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip Flexor: Release and Lengthening	Home Study	0.1	12/31/19	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip Internal Rotator: Release and Lengthening	Home Study	0.1	12/31/19	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip Joint	Home Study	0.3	12/31/19	brentbrookbush.com/online-courses/

Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Infraspinatus and Teres Minor	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Integrated Functional Anatomy of the Cervical Spine	Home Study	0.3	12/31/19 brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Intrinsic Stabilization Subsystem	Workshop/Seminar	0.1	12/31/19 http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Knee Joint	Home Study	0.3	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Latissimus Dorsi	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Levator Scapulae	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower Body Manual Muscle Testing (MMT)	Home Study	0.1	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower Extremity Dysfunction	Home Study	0.4	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lumbar Extensor: Release and Lengthening	Home Study	0.1	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Cell Structure and Function	Home Study	0.1	12/31/19 http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Fiber Types	Workshop/Seminar	0.1	12/31/19 brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Length Tests	Home Study	0.2	12/31/19 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	12/31/19 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	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Pectoralis Major	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Pectoralis Minor	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Performance Program Design	Workshop/Seminar	1.6	12/31/19 brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Plantar Flexor: Release and Lengthening	Home Study	0.1	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Popliteus	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Posterior Oblique Subsystem Integration	Workshop/Seminar	0.1	12/31/19 http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Predictive Model of Lumbo Pelvic Hip Complex Dysfunction	Workshop/Seminar	0.4	12/31/19 http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Predictive Model of Upper Body Dysfunction (UBD)	Home Study	0.3	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Rectus Abdominis & Pyramidalis	Home Study	0.2	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Rhomboids	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Scapular Muscles: Release and Lengthening	Home Study	0.1	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Self-administered Joint Mobilizations: Lower Extremity	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Self-administered Joint Mobilizations: Upper Extremity	Home Study	0.2	12/31/19 www.BrookbushInstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Serratus Anterior	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Serratus Anterior Activation	Home Study	0.1	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Shoulder External Rotator Activation	Home Study	0.1	12/31/19 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	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Shoulder Joint	Home Study	0.3	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Soleus	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Sternoclavicular, Acromioclavicular and Scapulothoracic Joints	Home Study	0.3	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Subscapularis	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Supraspinatus	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tensor Fascia Latae	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Teres Major	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibia External Rotator: Release and Lengthening	Home Study	0.1	12/31/19 https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Anterior	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Anterior Activation	Home Study	0.1	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Posterior	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Posterior Activation	Home Study	0.1	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Transverse Abdominis Activation	Home Study	0.1	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Trapezius Activation	Home Study	0.1	12/31/19 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Trapezius Muscle	Home Study	0.2	12/31/19 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Upper Body Goniometric Assessment	Home Study	0.2	12/31/19 http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Upper Body Manual Muscle Testing (MMT)	Home Study	0.1	12/31/19 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	12/31/19 https://brentbrookbush.com/
Bruce and Mindy Inc.	Cooking and Coaching	Workshop/Seminar	0.9	12/31/19 bruceandmindy.com
Bruce and Mindy Inc.	Fluid Strength	Workshop/Seminar	0.4	12/31/19 bruceandmindy.com
Bruce and Mindy Inc.	Gliding Total Body	Workshop/Seminar	0.4	12/31/19 bruceandmindy.com
Bruce and Mindy Inc.	One Day to Wellness	Workshop/Seminar	0.9	12/31/19 bruceandmindy.com
Burrell Education	Advanced Pregnancy Wellness Practitioner - Level 2	Home Study	1.0	12/31/19 https://www.burrelleducation.com
Burrell Education	Breathe Better	Home Study	1.0	12/31/19 https://www.burrelleducation.com
Burrell Education	Meno Strength®	Home Study	1.0	12/31/19 https://www.burrelleducation.com
Burrell Education	Pelvic Flow and Freedom	Home Study	1.0	12/31/19 https://www.burrelleducation.com
Chakaboom Fitness	CHAKABOONCE Instructor Training	Workshop/Seminar	0.8	12/31/19 www.chakaboomfitness.com
Chakaboom Fitness	The Chakaboom Fitness Experience, Instructor Training	Workshop/Seminar	0.6	12/31/19 http://www.chakaboomfitness.com
CorePower Yoga	Yoga Sculpt Teacher Training	Home Study	1.9	12/31/19 www.corepoweryoga.com
CTY Fitness	Commit Dance Fitness	Workshop/Seminar	0.7	12/31/19
Dan-Z Fitness Pte Ltd	Official KpopX® Fitness Instructor	Workshop/Seminar	0.8	12/31/19 www.kpopxfitness.com
Debbie Roberts Seminars	Flexibility Coach	Workshop/Seminar	1.8	12/31/19 www.debbierobertsseminars.com
Evolution Athletics	Corrective Exercise and Technology	Workshop/Seminar	0.5	12/31/19
exhale	exhale Barre Teacher Training Module 1	Workshop/Seminar	1.9	12/31/19 http://exhalespa.com/
exhale	exhale Barre Teacher Training Module 2	Workshop/Seminar	1.9	12/31/19 http://www.exhalespa.com
exhale	exhale Core Strengthening Series	Workshop/Seminar	0.4	12/31/19 exhalespa.com
exhale	exhale Glutes Strengthening Series	Workshop/Seminar	0.4	12/31/19 exhalespa.com
exhale	exhale Stretch Series	Workshop/Seminar	0.4	12/31/19 exhalespa.com
exhale	exhale Thigh Strengthening Series	Workshop/Seminar	0.4	12/31/19 exhalespa.com
exhale	exhale Upper Body Series	Workshop/Seminar	0.4	12/31/19 exhalespa.com
Fitness Professionals (FitPro)	VIPR Loaded Movement Training Level 1	Workshop/Seminar	0.4	12/31/19 www.viprfit.com
Fitness Professionals (FitPro)	VIPR Loaded Movement Training Level 2	Workshop/Seminar	0.8	12/31/19 www.viprfit.com
FitnessFest Conference and Expo	FitnessFest Los Angeles 2019	Conference	1.6	12/31/19 www.fitnessfest.org
Flexibility First Academy	Certified Flexibility Specialist: Level One	Workshop/Seminar	1.9	12/31/19 www.flexibilityfirstacademy.com
Functional Medicine Coaching Academy (FMCA)	Functional Medicine Coaching Academy Health Coaching Program	Home Study	1.8	12/31/19 http://www.functionalmedicinecoaching.org
GRIT Fitness	BODY SCULPT INSTRUCTOR	Workshop/Seminar	1.5	12/31/19
GRIT Fitness	CIRCUIT & INTERVAL INSTRUCTOR	Workshop/Seminar	1.5	12/31/19 DALLASGRITFITNESS.COM

GRIT Fitness	powerbelle™ INSTRUCTOR	Workshop/Seminar	1.5	12/31/19
GRIT Fitness	Revolution Cycling Instructor	Workshop/Seminar	1.5	12/31/19
Hedstrom Fitness	3D XTREME™ powered by BOSU®	Workshop/Seminar	0.6	12/31/19 http://www.bosu.com
Hedstrom Fitness	BOSU® Advanced Programming Strategies	Workshop/Seminar	0.4	12/31/19 www.bosu.com
Hedstrom Fitness	BOSU® DOUBLE UP DOUBLE DOWN	Workshop/Seminar	0.2	12/31/19 http://www.bosu.com
Hedstrom Fitness	BOSU® HIIT EXTREME	Workshop/Seminar	0.2	12/31/19 http://www.bosu.com
Hedstrom Fitness	BOSU® Mindful Movement & Mobility	Workshop/Seminar	0.4	12/31/19 www.bosu.com
Hedstrom Fitness	BOSU® Next Generation Balance Training	Workshop/Seminar	0.4	12/31/19 www.bosu.com
Hedstrom Fitness	BOSU® STRONG + STRETCHED	Workshop/Seminar	0.2	12/31/19 http://www.bosu.com
Hedstrom Fitness	Surge® Hydro Performance Training	Workshop/Seminar	0.4	12/31/19 www.surgestrong.com
Hedstrom Fitness	Surge® Hydro Program Design	Workshop/Seminar	0.4	12/31/19 www.surgestrong.com
Hedstrom Fitness	Surge® Hydro Training System	Workshop/Seminar	0.4	12/31/19 www.surgestrong.com
IDEA Health & Fitness	21st Century Body Sculpt	Home Study	0.1	12/31/19
IDEA Health & Fitness	A Different Look at Core Training: The Backside	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	ACSM: Exercise Is Medicine (EIM)--From Doctor to Trainer to Client Success!	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Active Resistance Training® Total Body Mat Practice	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Advanced and Progressive Mechanics of Lifting and Strength Training	Home Study	0.1	12/31/19
IDEA Health & Fitness	Anatomy of a Fitness Business	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Anatomy: Reconnect With Your Spine Muscles, by NFPT	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and The Physiology of Fatigue	Home Study	0.1	12/31/19 www.idealife.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	12/31/19 www.idealife.com
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 3: Survival of the Fittest	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	April 2017 IDEA Fitness Journal Quiz 4: Practical Applications for Sprint Interval Training	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	April 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/19 http://www.idealife.com
IDEA Health & Fitness	April 2018 IDEA Fitness Journal Quiz 2: Resistance Training for Young Adults, and Spot Scapular Dysk	Home Study	0.1	12/31/19
IDEA Health & Fitness	April 2018 IDEA Fitness Journal Quiz 3: Help Clients Avert ACL Tears	Home Study	0.1	12/31/19
IDEA Health & Fitness	April 2018 IDEA Fitness Journal Quiz 4: Misconceptions About Fats	Home Study	0.1	12/31/19
IDEA Health & Fitness	Assessment and Corrective Exercise Strategies for Improved Shoulder Function	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Back to Basics With Anatomy	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	Balanced Body™: Pilates Smart Core Challenge	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Balancing Hormones for Optimal Weight Loss	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Balancing Hormones through Nutrition	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Battle Rope Mastery	Home Study	0.1	12/31/19
IDEA Health & Fitness	Become a World Class Coach- Top Seven Must Do's to Create Success and Significance	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Beyond Randomness: Exercise Selection Based on Movement Screening	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Beyond the Macros: Placing the Focus Back on Nutrient-Dense Foods	Home Study	0.1	12/31/19
IDEA Health & Fitness	Blast Your Abs, Glutes and Core – A Big HIIT With Your Clients	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Body-Weight Training-Amped Up	Home Study	0.1	12/31/19
IDEA Health & Fitness	Can Technology Be Harnessed to Inspire Lasting Behavior Change?	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	Cardio-Strength Circuits for Fun and Function!	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	Caving to the Craving: The New Science of Food Addiction and Recovery...With a Twist	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	Communicating With Your Female Clients for Breakthrough Results	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Complete Program Design for the Obese/Overweight Client	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Core Connections: Progression Strategies to Enhance Core Function	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Creative Circuits - Five Steps to Better Program Design	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	Cue Movement and Exercise With Abdominal Anatomy, by NFPT	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	Cue Movement and Exercise With Hip Anatomy, by NFPT	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Designing a Self-Myofascial Release Program	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	East Meets West: A Mindful Approach to Health Coaching	Home Study	0.1	12/31/19
IDEA Health & Fitness	Eating a Lower Inflammatory Diet	Home Study	0.1	12/31/19
IDEA Health & Fitness	Extreme Equipment-LESS Boot Camp	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Fascial Line Mobility	Home Study	0.1	12/31/19
IDEA Health & Fitness	Fat-Loss Programming for Your Female Clients	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Preserving Youth with Physic	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 2: Increase Strength With Rowing Machine Exercises, and Rech	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 3: Nutrition News, and Changing Attitudes Toward Food	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 4: Help Clients Find Joy in Movement	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	February 2017 IDEA Fitness Journal Quiz 5: Common Running Injury Recovery and Prevention	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	February 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/19
IDEA Health & Fitness	February 2018 IDEA Fitness Journal Quiz 2: Tips for Resistance Training with Youth, and Combined Tra	Home Study	0.1	12/31/19
IDEA Health & Fitness	February 2018 IDEA Fitness Journal Quiz 3: Risks of Functional Training	Home Study	0.1	12/31/19 http://www.idealife.com
IDEA Health & Fitness	February 2018 IDEA Fitness Journal Quiz 4: Body Image in the Fitness Industry	Home Study	0.1	12/31/19
IDEA Health & Fitness	Food for Thought: Brain, Gut, Microbes, Diet	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	From Neck to Knees...More Than Just Core!	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	From the Hip	Home Study	0.2	12/31/19
IDEA Health & Fitness	Functional Assessment for Special Populations	Home Study	0.1	12/31/19
IDEA Health & Fitness	Functional Balance Circuits for the Active Adult (ACE Mover Academy)	Home Study	0.1	12/31/19
IDEA Health & Fitness	Functional Balance for the Active Aging Adult, by ActivMotion Bar™	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Functional Circuits for Aging Clients	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Functional Power Training for Older Clients, by FAI	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Fundamental Principles of Upper Body Training--Pushing, Pulling and Pressing, by FMS	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	GENERATE Buzz With Simple Marketing	Home Study	0.1	12/31/19
IDEA Health & Fitness	Goodbye Infobesity, Hello Action Plan!	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	Group Exercise Applications for Training the Posterior Chain	Home Study	0.2	12/31/19 www.idealife.com
IDEA Health & Fitness	Hidden Secrets to Core Performance	Home Study	0.2	12/31/19
IDEA Health & Fitness	High-Intensity Kettlebell Training	Home Study	0.1	12/31/19
IDEA Health & Fitness	HIITs Blitz	Home Study	0.1	12/31/19 www.idealife.com
IDEA Health & Fitness	How Hormones and Metabolism Change the Training Game for Females	Home Study	0.2	12/31/19 www.idealife.com

IDEA Health & Fitness	How to Run Your Own "Drop Two Sizes" Challenge	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	How to Safely Introduce Plyometrics Into Your Clients' Routines	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	I Q U Do: The Art of Intelligent Coaching	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	IDEA Personal Trainer Institute East (2019)	Conference	1.9	12/31/19	
IDEA Health & Fitness	IDEA Personal Trainer Institute South (2019)	Conference	1.9	12/31/19	
IDEA Health & Fitness	Insights Into Functional Training and Corrective Movement	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Insights Into Lower-Back Pain and Functional Solutions	Home Study	0.2	12/31/19	
IDEA Health & Fitness	Intermittent Fasting: Science or Fiction?	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Is It Time to Eat Yet? Nobel Prize-Winning Body Clock Science Has the Answer	Home Study	0.1	12/31/19	
IDEA Health & Fitness	It Takes Guts! Connecting the Brain, Diet and Microbiome	Home Study	0.1	12/31/19	
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Skeletal Muscular Hypertrophy	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 2: Fitness Professionals and Ageism, and Yoga and Menopause	Home Study	0.1	12/31/19	www.idealife.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	12/31/19	www.idealife.com
IDEA Health & Fitness	January 2017 IDEA Fitness Journal Quiz 4: Help Children Build a Strong Fitness Foundation	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	January 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Essential Elements of Teachin	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	January 2019 IDEA Fitness Journal Quiz 2: Exercise and Mental Health, and Benefits of Effortful Lear	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	January 2019 IDEA Fitness Journal Quiz 3: Enhancing Mobility, Stability and Balance With Yoga	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	January 2019 IDEA Fitness Journal Quiz 4: Food and Nutrition News, and Helping Clients Improve Nutri	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/19	
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 2: Benefits of Short Activity Breaks, and Senior Fitness Pre.	Home Study	0.1	12/31/19	
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 3: Tailor Workouts to Meet Clients' Precise Needs	Home Study	0.1	12/31/19	
IDEA Health & Fitness	January 2018 IDEA Fitness Journal Quiz 4: Small Diet Changes for Big Results	Home Study	0.1	12/31/19	
IDEA Health & Fitness	July/August 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/19	
IDEA Health & Fitness	July/August 2018 IDEA Fitness Journal Quiz 2: Using Circadian Rhythms to Guide Eating Schedules	Home Study	0.1	12/31/19	
IDEA Health & Fitness	July/August 2018 IDEA Fitness Journal Quiz 3: How the Human Microbiome Affects Overall Health	Home Study	0.1	12/31/19	
IDEA Health & Fitness	July/August 2018 IDEA Fitness Journal Quiz 4: Women and Physical Activity	Home Study	0.1	12/31/19	
IDEA Health & Fitness	July/August 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	Home Study	0.1	12/31/19	http://www.idealife.com
IDEA Health & Fitness	July/August 2017 IDEA Fitness Journal Quiz 2: Separating Fact From Fiction in Health News	Home Study	0.1	12/31/19	http://www.idealife.com
IDEA Health & Fitness	July/August 2017 IDEA Fitness Journal Quiz 3: Ergonomics for Fitness Professionals	Home Study	0.1	12/31/19	http://www.idealife.com
IDEA Health & Fitness	June 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News and Nutrition News	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	June 2017 IDEA Fitness Journal Quiz 2: Benefits of Exercise for Children, and Helping Stroke Survivo	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	June 2017 IDEA Fitness Journal Quiz 3: Coach Clients Through Behavior Change	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	June 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/19	
IDEA Health & Fitness	June 2018 IDEA Fitness Journal Quiz 2: The Efficiency of HIIT, and Ground-to-Standing Exercises for	Home Study	0.1	12/31/19	
IDEA Health & Fitness	June 2018 IDEA Fitness Journal Quiz 3: Methods That Encourage Behavior Change	Home Study	0.1	12/31/19	
IDEA Health & Fitness	June 2018 IDEA Fitness Journal Quiz 4: The Risks of Bone Loss	Home Study	0.1	12/31/19	
IDEA Health & Fitness	Kettlebell Rehab: Hardstyle Methods in Corrective Exercise	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Little Tweaks for Big Results!	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	Make Your Barre Classes a HIIT	Home Study	0.2	12/31/19	
IDEA Health & Fitness	March 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	March 2017 IDEA Fitness Journal Quiz 2: Common Athletic Supplements, and Stay Active by Filtering...	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	March 2017 IDEA Fitness Journal Quiz 3: Effect of Evidence on Experts' Eating Habits	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	March 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/19	
IDEA Health & Fitness	March 2018 IDEA Fitness Journal Quiz 2: New Blood Pressure Guidelines, and Functional Training for O	Home Study	0.1	12/31/19	
IDEA Health & Fitness	March 2018 IDEA Fitness Journal Quiz 3: Why Lost Weight Comes Back	Home Study	0.1	12/31/19	
IDEA Health & Fitness	May 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Periodized Weight -Training for W	Home Study	0.1	12/31/19	http://www.idealife.com
IDEA Health & Fitness	May 2017 IDEA Fitness Journal Quiz 2: Water Fitness Trends	Home Study	0.1	12/31/19	http://www.idealife.com
IDEA Health & Fitness	May 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Improving Performance Through Int	Home Study	0.1	12/31/19	
IDEA Health & Fitness	May 2018 IDEA Fitness Journal Quiz 2: Walking for Functional Health: Gait Speed and Biomechanics	Home Study	0.1	12/31/19	
IDEA Health & Fitness	May 2018 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and A New Solution to Obesity and Chr	Home Study	0.1	12/31/19	
IDEA Health & Fitness	Metabolic Disruption	Home Study	0.1	12/31/19	
IDEA Health & Fitness	Motivational Interviewing Skills Produce Targeted Results	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	Motivational Interviewing: Help Clients Own the Talk That Drives the Walk	Home Study	0.1	12/31/19	
IDEA Health & Fitness	November/December 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition	Home Study	0.1	12/31/19	
IDEA Health & Fitness	November/December 2018 IDEA Fitness Journal Quiz 2: The Role of the Exercise and the Endocrine Syste	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	November/December 2018 IDEA Fitness Journal Quiz 3: Snowboarder Training, & Cardio and Strength Trai	Home Study	0.1	12/31/19	
IDEA Health & Fitness	November/December 2018 IDEA Fitness Journal Quiz 4: Motivating Clients to Make Lasting Changes in Nu	Home Study	0.1	12/31/19	
IDEA Health & Fitness	November/December 2018 IDEA Fitness Journal Quiz 5: Healthy Diets & Cognitive Functions, & Counterac	Home Study	0.1	12/31/19	
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 2	Home Study	0.1	12/31/19	
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 3	Home Study	0.1	12/31/19	
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 4	Home Study	0.1	12/31/19	
IDEA Health & Fitness	November-December 2017 IDEA Food and Nutrition Tips Quiz 1	Home Study	0.1	12/31/19	
IDEA Health & Fitness	November-December 2017 IDEA Fitness Journal Quiz 1	Home Study	0.1	12/31/19	
IDEA Health & Fitness	October 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Assessing Clients Risk of Car	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	October 2018 IDEA Fitness Journal Quiz 2: Limiting Biological Damage With Exercise, and Aquatic Mind	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	October 2018 IDEA Fitness Journal Quiz 3: Coaching Teens for Better Health, and Food and Nutrition N	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Understanding Protein Supplem	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 2: Exercises for Shoulder Injury Prevention, and A Practical	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Understanding Overeating	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	October 2017 IDEA Fitness Journal Quiz 4: Support Clients With Disordered Eating	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	Olympic Lifting - The Mechanics and Progressions, by RedCon™	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Optimize Function and Mobility With Strong and Stable Shoulders and Glutes	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Pain-Free Movement-The Science and Application (ACE Mover Academy)	Home Study	0.2	12/31/19	
IDEA Health & Fitness	Pilates 50/50	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Pilates on the Ball	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	Posture Improvement Workshop	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Power Core for Sports and Fitness Performance	Home Study	0.2	12/31/19	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	12/31/19	www.idealife.com

IDEA Health & Fitness	Promote Behavior Change With Better Coaching	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	Protein Obsessed: Sorting the Truth From the Hype	Home Study	0.1	12/31/19	
IDEA Health & Fitness	Protein Overload: Are You Eating More Than You Need?	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Proven Strategies to Build Your Brand Using YouTube	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Putting Heart into Mind-Body Training	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	REACH More Clients: Be Loud and Proud	Home Study	0.1	12/31/19	
IDEA Health & Fitness	Rescue Your Knees - Look at Your Feet	Home Study	0.1	12/31/19	
IDEA Health & Fitness	Restoring Fundamental Movement Patterns with Corrective Strategies	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Rock Solid!	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	Run, Injury Free! Understanding Impact Forces, by EBFA	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	September 2018 IDEA Fitness Journal Quiz 1: Fitness Technology Research and Sports Biomechanics	Home Study	0.1	12/31/19	
IDEA Health & Fitness	September 2018 IDEA Fitness Journal Quiz 2: Encouraging a New Generation of Healthy Young People	Home Study	0.1	12/31/19	
IDEA Health & Fitness	September 2018 IDEA Fitness Journal Quiz 3: Food and Nutrition News	Home Study	0.1	12/31/19	
IDEA Health & Fitness	September 2017 IDEA Fitness Journal Quiz 1: Functional Aging	Home Study	0.1	12/31/19	http://www.idealife.com
IDEA Health & Fitness	September 2017 IDEA Fitness Journal Quiz 2: Sports Nutrition	Home Study	0.1	12/31/19	http://www.idealife.com
IDEA Health & Fitness	September 2017 IDEA Fitness Journal Quiz 3: Brain Health	Home Study	0.1	12/31/19	http://www.idealife.com
IDEA Health & Fitness	SGT Ken® and Stephanie's Fitness Business Basics™	Home Study	0.8	12/31/19	www.idealife.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One)	Home Study	0.8	12/31/19	www.idealife.com
IDEA Health & Fitness	Sleep Science for Fitness Professionals	Home Study	0.1	12/31/19	
IDEA Health & Fitness	Solutions for Training Post-pregnancy Clients	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Spinal Stabilization Versus Pelvic Stabilization	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Techniques to Rehabilitate and Protect the Knees	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	The Better, Not Perfect, Nutrition Plan	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	The Business of Group Exercise – Beyond the Numbers	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	The BYOB Workout	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	The Death of Crunches: 20 True Core Exercises	Home Study	0.2	12/31/19	
IDEA Health & Fitness	The Female Glute Relocation Program	Home Study	0.2	12/31/19	
IDEA Health & Fitness	The Female Lumbo-Pelvic Complex (ACE Mover Academy)	Home Study	0.2	12/31/19	
IDEA Health & Fitness	The Female Physique-The Link Between Nutrition, Hormones and Strength Training	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	The Forgotten Five: Essential Muscles for Functional Movement	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	The Matrix - Innovative Group Strength Design	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	The Online Fitness Frontier	Home Study	0.2	12/31/19	
IDEA Health & Fitness	The Roll Model® Fascial Makeover: Prioritize Your Periphery	Home Study	0.2	12/31/19	
IDEA Health & Fitness	The Science of Functional Aging	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	The Ultimate Light Dumbbell Workout	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	The Warm-Up Makeover: Start With a Bang!	Home Study	0.2	12/31/19	
IDEA Health & Fitness	ThinkFit™ Flexibility: Dynamic Stretching Tricks and Tools	Home Study	0.2	12/31/19	
IDEA Health & Fitness	Three-Dimensional Kettlebell Training, by Functional Training Institute	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Today's Food Conversation	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	Total Massage, Relaxation and Beyond	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	Training Fascia - Research Developments in Fibrous Connective Tissue Training	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Translating Today's Nutrition Science for Your Clients	Home Study	0.1	12/31/19	
IDEA Health & Fitness	TriggerPoint™ Corrective Strategies for Hip Dysfunction	Home Study	0.2	12/31/19	
IDEA Health & Fitness	TriggerPoint™ Corrective Strategies for the Foot and Ankle	Home Study	0.2	12/31/19	
IDEA Health & Fitness	TriggerPoint™ for Movement: Hip and Shoulder Mobility	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	TriggerPoint™: Myofascial Compression™ Techniques for Injury Prevention and Better Movement	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Understanding and Interpreting the Functional Movement Screen	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Understanding the Female Pelvic Core Neuromuscular System	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Upper Extremity Mechanics and Techniques	Home Study	0.2	12/31/19	
IDEA Health & Fitness	Using Function to Avoid Dysfunction in Aging	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Weighing The Evidence Behind Nutrition Research	Home Study	0.1	12/31/19	www.idealife.com
IDEA Health & Fitness	Winning Group Strength Program Design	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Yoga Anatomy 101 Certificate	Home Study	1.0	12/31/19	
IDEA Health & Fitness	Yoga for Optimal Client Performance	Home Study	0.2	12/31/19	
IDEA Health & Fitness	Yoga: Adjust Me Puhleeeeee!	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Yoga: Progressions and Regressions	Home Study	0.2	12/31/19	www.idealife.com
IDEA Health & Fitness	Your Guide to Stronger Legs and Great Glutes!	Home Study	0.1	12/31/19	www.idealife.com
ISSN Asia	ISSN-SNS	Home Study	1.9	12/31/19	www.issnasia.com
Keiser Corporation	Keiser PowerEd: Accelerate	Workshop/Seminar	0.3	12/31/19	www.keiser.com
Keiser Corporation	Keiser PowerEd: Climb	Workshop/Seminar	0.2	12/31/19	www.keiser.com
Keiser Corporation	Keiser PowerEd: Create	Workshop/Seminar	0.2	12/31/19	
Keiser Corporation	Keiser PowerEd: Empowered	Workshop/Seminar	0.3	12/31/19	www.keiser.com
Keiser Corporation	Keiser PowerEd: Foundations	Workshop/Seminar	0.8	12/31/19	www.keiser.com
Keiser Corporation	Keiser PowerEd: Foundations XP	Workshop/Seminar	0.5	12/31/19	
Keiser Corporation	Keiser PowerEd: Power	Workshop/Seminar	0.2	12/31/19	www.keiser.com
Keiser Corporation	Keiser PowerEd: Technology	Workshop/Seminar	0.2	12/31/19	www.keiser.com
Lawrence Biscontini	Cardio	Workshop/Seminar	0.8	12/31/19	www.findlawrence.com
Lawrence Biscontini	Flexibility	Workshop/Seminar	0.8	12/31/19	www.findlawrence.com
Lawrence Biscontini	GFit Teaching Innovations	Workshop/Seminar	0.8	12/31/19	www.findlawrence.com
Lawrence Biscontini	Strength	Workshop/Seminar	0.8	12/31/19	www.findlawrence.com
Les Mills	Advanced Instructor Module 2	Workshop/Seminar	1.7	12/31/19	www.lesmills.com/us
Les Mills	Advanced Training - Live	Workshop/Seminar	1.8	12/31/19	www.lesmills.com/us
Les Mills	BODYATTACK Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	BODYATTACK Initial Module	Workshop/Seminar	1.6	12/31/19	www.lesmills.com/us
Les Mills	BODYCOMBAT Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	BODYCOMBAT Initial Module	Workshop/Seminar	1.5	12/31/19	www.lesmills.com/us
Les Mills	BODYFLOW Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	BODYFLOW Initial Module	Workshop/Seminar	1.5	12/31/19	www.lesmills.com/us

Les Mills	BODYJAM Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	BODYJAM Initial Module	Workshop/Seminar	1.8	12/31/19	www.lesmills.com/us
Les Mills	BODYPUMP Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	BODYPUMP Initial Module	Workshop/Seminar	1.5	12/31/19	www.lesmills.com/us
Les Mills	BODYSTEP Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	BODYSTEP Initial Module	Workshop/Seminar	1.6	12/31/19	www.lesmills.com/us
Les Mills	BORN TO MOVE Initial Module All Age Groups	Workshop/Seminar	1.9	12/31/19	www.lesmills.com/us
Les Mills	CXWORX Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	CXWORX Initial Module	Workshop/Seminar	1.5	12/31/19	www.lesmills.com/us
Les Mills	LES MILLS BARRE Initial Training Module	Workshop/Seminar	1.5	12/31/19	www.lesmills.com/us
Les Mills	LES MILLS GRIT Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	LES MILLS GRIT Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	LES MILLS GRIT Initial Module	Workshop/Seminar	1.5	12/31/19	www.lesmills.com/us
Les Mills	LES MILLS SPRINT Initial Module	Workshop/Seminar	1.4	12/31/19	www.lesmills.com/us
Les Mills	LES MILLS TONE Advanced Instructor Module 1	Workshop/Seminar	8.0	12/31/19	http://www.lesmills.com/us
Les Mills	LES MILLS TONE Initial Module	Workshop/Seminar	1.5	12/31/19	http://www.lesmills.com/us
Les Mills	RPM Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com
Les Mills	RPM Initial Module	Workshop/Seminar	1.7	12/31/19	www.lesmills.com
Les Mills	SH'BAM Advanced Instructor Module 1	Workshop/Seminar	0.8	12/31/19	www.lesmills.com/us
Les Mills	SH'BAM Initial Module	Workshop/Seminar	1.5	12/31/19	www.lesmills.com/us
Les Mills	The TRIP Initial Module	Workshop/Seminar	1.5	12/31/19	www.lesmills.com/us
Maria Mind Body Health LLC	Certified Keto Coach	Home Study	1.9	12/31/19	
Medical Exercise Academy	Clinical Exercise Specialist	Home Study	1.9	12/31/19	http://mdxacademy.wiziqx.com/
Mobility Project 24/7	Soft-Stretch Release Techniques Lv.1	Workshop/Seminar	1.0	12/31/19	SRTtherapy.com
Molon Labe Fitness Education	Advanced Fundamentals	Workshop/Seminar	1.8	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Advanced Price Presentations	Workshop/Seminar	0.2	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Basic Sales	Workshop/Seminar	0.2	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Building Long Term Commitment	Workshop/Seminar	0.2	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Building Your Business	Workshop/Seminar	0.1	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Business Management: Clients	Workshop/Seminar	0.2	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Business Management: Self	Workshop/Seminar	0.2	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Certified Power Lifting Coach	Workshop/Seminar	1.2	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Client Engagement	Workshop/Seminar	0.2	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Client Retention	Workshop/Seminar	0.1	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Creating Compliance	Workshop/Seminar	0.2	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Handling Concerns	Workshop/Seminar	0.2	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	Personal Training Fundamentals	Workshop/Seminar	1.0	12/31/19	www.mlfitnesseducation.com
Molon Labe Fitness Education	PNF Stretch	Workshop/Seminar	0.3	12/31/19	www.mlfitnesseducation.com
Moms Into Fitness, Inc.	Prenatal & Postnatal Fitness Specialist	Workshop/Seminar	1.9	12/31/19	www.momsintofitness.com
National Personal Training Institute (NPTI)	Kettlebell Course	Home Study	0.5	12/31/19	
NONSOLOFITNESS SNC	Elite Coach Trainer	Home Study	1.0	12/31/19	https://www.nonsolofitness.it
NONSOLOFITNESS SNC	Elite Fitness Instructor	Home Study	1.0	12/31/19	www.nonsolofitness.it
NONSOLOFITNESS SNC	Elite Functional Trainer	Home Study	1.0	12/31/19	www.nonsolofitness.it
NONSOLOFITNESS SNC	Elite Pilates Instructor	Home Study	1.0	12/31/19	www.nonsolofitness.it
NONSOLOFITNESS SNC	Elite Postural Trainer	Home Study	1.0	12/31/19	www.nonsolofitness.it
Own Your Eating	Own Your Eating Nutrition Certification	Home Study	0.8	12/31/19	www.ownyoureating.com
Perform For Life	Mastering the Assessment Process	Workshop/Seminar	0.4	12/31/19	performforlifef.com
Perform For Life	Proprioceptive Neuromuscular Facilitation Workshop	Workshop/Seminar	0.2	12/31/19	performforlifef.com
PhysioChains Education	Parkinson's Regeneration Training®	Workshop/Seminar	1.4	12/31/19	https://www.parkinsonsregenerationtraining.com
Precision Human Performance	Biomechanics of Training: Older Adults and Fall Prevention	Workshop/Seminar	0.8	12/31/19	precisionhumanperformance.com
Precision Human Performance	Exercise Mechanics	Workshop/Seminar	0.8	12/31/19	precisionhumanperformance.com
Precision Nutrition	Precision Nutrition Level 1, Certificate in Exercise Nutrition	Home Study	1.9	12/31/19	www.precisionnutrition.com
Precision Nutrition	Precision Nutrition Level 2 Master Class	Home Study	1.9	12/31/19	www.precisionnutrition.com
Prehab 101	Prehab 101	Workshop/Seminar	1.4	12/31/19	linktr.ee/prehab101
Prevail Conditioning	A Systematic Approach to Performance Enhancement	Workshop/Seminar	0.8	12/31/19	https://prevailconditioning.com
Primal Health Coach Institute	Primal Health Coach Program	Workshop/Seminar	1.9	12/31/19	www.primalblueprint.com
PRO Sports Club	Personal Training and Pre and Post Natal Clients	Workshop/Seminar	0.2	12/31/19	In house members only
PRO Sports Club	Shoulder Biomechanics & Rehab Principals	Workshop/Seminar	0.3	12/31/19	
Recess & Results	Youth Movement Instructor	Workshop/Seminar	0.4	12/31/19	recessandresults.com
Run-Fit	REVO ₂ LUTION RUNNING	Home Study	1.9	12/31/19	http://run-fit.com
Savvier Fitness	Pilates 101 Education Course	Home Study	0.4	12/31/19	www.barreabove.com
SHAY-MCENTEE WELLNESS WORKS INC.	BREATHING TECHNIQUES / STRESS MANAGEMENT	Workshop/Seminar	0.3	12/31/19	
SHAY-MCENTEE WELLNESS WORKS INC.	ENERGY BREAK	Workshop/Seminar	0.3	12/31/19	
SickLiving LLC	Elite Personal Sales Training	Workshop/Seminar	0.6	12/31/19	www.sickhealthandwellness.com
SilverSneakers by Tivity Health	Group Exercise for Hip Limitations	Home Study	0.2	12/31/19	
SilverSneakers by Tivity Health	SilverSneakers BOOM MIND	Home Study	0.2	12/31/19	
SilverSneakers by Tivity Health	SilverSneakers BOOM MOVE	Home Study	0.2	12/31/19	
SilverSneakers by Tivity Health	SilverSneakers BOOM MUSCLE	Home Study	0.2	12/31/19	
SilverSneakers by Tivity Health	SilverSneakers Circuit	Home Study	0.2	12/31/19	
SilverSneakers by Tivity Health	SilverSneakers Classic	Home Study	0.2	12/31/19	
SilverSneakers by Tivity Health	SilverSneakers Foundations	Home Study	0.5	12/31/19	
SilverSneakers by Tivity Health	SilverSneakers Splash	Home Study	0.2	12/31/19	
SilverSneakers by Tivity Health	SilverSneakers Stability	Home Study	0.2	12/31/19	
SilverSneakers by Tivity Health	SilverSneakers Strength Progressions for Group Exercise	Home Study	0.2	12/31/19	www.silversneakers.com
SilverSneakers by Tivity Health	SilverSneakers YOGA	Home Study	0.2	12/31/19	
START Fitness/Fit to Fight	WaterRower Crew Coach Certification Course	Workshop/Seminar	0.8	12/31/19	www.startfitness.com
Stroops	Stroops Foundations Course	Workshop/Seminar	0.8	12/31/19	https://stroops.com/the-academy/
Suples	Dynamic Movement Training with the Bulgarian Bag	Workshop/Seminar	0.9	12/31/19	www.suples.com

Tennis Industry Association	Cardio Tennis L1 Training Course	Workshop/Seminar	0.6	12/31/19	www.tennisindustry.org
Tennis Industry Association	Cardio Tennis L2 Training Course	Workshop/Seminar	0.5	12/31/19	http://www.tennisindustry.org
The Evidence Based Approach	Shoulder & Rotator Cuff Rehab Specialist	Workshop/Seminar	0.8	12/31/19	
The HT Powerlifting	HTpower Strength Training Workshop	Workshop/Seminar	1.9	12/31/19	
TRIBE Team Training USA	TRIBE Team Training	Workshop/Seminar	0.5	12/31/19	www.tribeamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeCORE	Workshop/Seminar	0.4	12/31/19	www.tribeamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeFIT	Workshop/Seminar	0.4	12/31/19	www.tribeamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeKIDS	Workshop/Seminar	0.4	12/31/19	www.tribeamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribeLIFE	Workshop/Seminar	0.4	12/31/19	www.tribeamtraining.com
TRIBE Team Training USA	TRIBE Team Training TribePUNCH	Workshop/Seminar	0.4	12/31/19	www.tribeamtraining.com
TRX	TRX Advanced Group Training Course (AGTC)	Workshop/Seminar	1.8	12/31/19	TRXtraining.com
TRX	TRX For Yoga	Home Study	0.5	12/31/19	TRXtraining.com
TRX	TRX FORCE Operator's Training Course (Level 1)	Workshop/Seminar	0.4	12/31/19	www.trxtraining.com
TRX	TRX FORCE Operator's Training Course (Level 2)	Workshop/Seminar	0.8	12/31/19	www.trxtraining.com
TRX	TRX FORCE Operator's Training Course (Level 3)	Workshop/Seminar	1.6	12/31/19	www.trxtraining.com
TRX	TRX Functional Training Course (FTC)	Workshop/Seminar	0.7	12/31/19	www.trxtraining.com
TRX	TRX Group Rip Training Course (GRTC)	Workshop/Seminar	0.7	12/31/19	www.trxtraining.com
TRX	TRX Group Suspension Training Course (GSTC)	Workshop/Seminar	0.7	12/31/19	www.trxtraining.com
TRX	TRX Group Training Course (GTC)	Workshop/Seminar	0.8	12/31/19	www.trxtraining.com
TRX	TRX RIP Training Course (RTC)	Workshop/Seminar	0.8	12/31/19	www.trxtraining.com
TRX	TRX Sports Medicine Suspension Training Course Level 2 (SMSTC Lvl 2)	Workshop/Seminar	0.7	12/31/19	www.trxtraining.com
TRX	TRX Suspension Training Course (STC)	Workshop/Seminar	0.7	12/31/19	www.trxtraining.com
TRX	TRX Trainer Basics Course	Home Study	0.3	12/31/19	www.trxtraining.com
United Pilates Corporation	Heirloom Breathing Workshop Certification	Workshop/Seminar	1.2	12/31/19	
Warrior Cross Fitness	Warrior Cross Fitness	Workshop/Seminar	1.6	12/31/19	
World Gym International	HIIT Certification	Workshop/Seminar	1.5	12/31/19	worldgymathletics.com