



NASM PREFERRED PROVIDER PROGRAM

Provider	Title	Course Type	CEUs	Expires On	Registration URL
9Round Franchising LLC	9Round Kickboxing	Workshop/Seminar	0.5	12/31/21	9round.com
Academy of Holistic Fitness	Holistic Fitness	Home Study	1.9	12/31/21	www.academyofholisticfitness.com
Academy of Holistic Fitness	Mind-Body Fitness for Personal Trainers	Home Study	1.9	12/31/21	www.academyofholisticfitness.com
Academy of Holistic Fitness	Practical Yoga for Personal Trainers	Home Study	1.9	12/31/21	www.academyofholisticfitness.com
Academy of Holistic Fitness	Yoga Teacher Training	Home Study	1.9	12/31/21	www.academyofholisticfitness.com
Advanced Continuing Education Institute	Champion Performance Therapy and Training System	Home Study	1.9	12/31/21	mikereinold.com
Aerial Physique	Aerial Physique Teacher Training	Workshop/Seminar	1.9	12/31/21	
AFAA	All AFAA courses are approved with NASM	Home Study		12/31/21	
Agatsu Inc.	Agatsu Club & Mace	Home Study	1.4	12/31/21	http://www.agatsu.com
Agatsu Inc.	Agatsu Kettlebell Instructor	Home Study	1.4	12/31/21	http://www.agatsu.com
Agatsu Inc.	Agatsu Lower Body Mobility & Movement	Home Study	1.4	12/31/21	http://www.agatsu.com
Agatsu Inc.	Agatsu Strength & Speed Specialist	Home Study	1.4	12/31/21	http://www.agatsu.com
Agatsu Inc.	Agatsu Upper Body Mobility & Movement	Home Study	1.4	12/31/21	http://www.agatsu.com
AKT, Anna Kaiser Technique	AKT Certificate of Completion	Workshop/Seminar	1.9	12/31/21	www.theakt.com
American Academy of Health and Fitness (AAHF)	Back Stability: Integrating Science and Therapy	Home Study	1.9	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	Cancer and the Older Adult	Home Study	0.4	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	Developing Agility and Quickness for Sports Performance	Home Study	0.6	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	Exercise and Cancer Survivorship	Home Study	1.3	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	Fitness Assessment and Exercise Prescription for all Ages	Home Study	1.9	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	JrFit Youth Fitness	Home Study	1.9	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	Nutrition for Special Dietary Needs	Home Study	1.0	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	Prenatal and Postnatal Exercise Prescription	Home Study	1.0	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	SrFit Mature Fitness	Home Study	1.9	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	Strength Training Older Adults	Home Study	1.2	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	The Fitness Professional's Guide to Coaching Lifestyle Wellness	Home Study	1.9	12/31/21	www.aahf.info
American Academy of Health and Fitness (AAHF)	The Janda System of Evaluation and Treatment of Muscle Imbalance	Home Study	1.9	12/31/21	www.aahf.info
American Barre Technique, LLC	Barre Instructor Specialty Certificate	Home Study	1.6	12/31/21	www.ABTbarre.com
American Council on Exercise (ACE)	ACE Behavior Change in Practice: Hands-on Skills for Health Coaches and Exercise Professionals	Workshop/Seminar	0.5	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	ACE Behavior Change Specialist	Home Study	1.9	12/31/21	http://www.acefitness.org/fitness-certifications/specialty-certifications/behavior-change.aspx
American Council on Exercise (ACE)	ACE Fitness Nutrition Specialist	Home Study	1.9	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	ACE Functional Training Specialist	Home Study	1.9	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	ACE Senior Fitness Specialist	Home Study	1.9	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	ACE Sports Conditioning Specialist	Home Study	1.9	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	ACE Weight Management Specialist	Home Study	1.9	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	ACE Youth Fitness Specialist	Home Study	1.9	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	Fitness Programming for Overweight Clients & Clients Affected by Obesity	Workshop/Seminar	0.8	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	Metabolic Training Workshop	Workshop/Seminar	0.8	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	Movement Based Exercise Workshop	Workshop/Seminar	0.8	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	Personal Training Workshop: Client Communication, Assessment and Program Design	Workshop/Seminar	0.8	12/31/21	www.acefitness.org
American Council on Exercise (ACE)	Small Group Training Workshop	Workshop/Seminar	0.5	12/31/21	www.acefitness.org
American Fitness Professionals & Associates (AFPA)	Holistic Nutritionist Certification	Home Study	1.9	12/31/21	www.afpafitness.com
American Fitness Professionals & Associates (AFPA)	Prenatal and Postnatal Fitness Specialist	Home Study	1.9	12/31/21	http://www.afpafitness.com
American Specialty Health (ASH)/Silver & Fit	Silver&Fit Signature Series Classes® Distance Learning Instructor Training Course	Home Study	1.3	12/31/21	Pre-qualification required. Contact SFInstructors@ashn.com for info.
Annette Lang Education Systems	Integrated Stretching	Workshop/Seminar	0.8	12/31/21	www.annettelang.com
Annette Lang Education Systems	Training the Pregnant and Postpartum Client	Workshop/Seminar	0.8	12/31/21	www.annettelang.com
Australian Strength Performance	Advanced Hypertrophy Level 2	Workshop/Seminar	1.9	12/31/21	www.trainasp.com.au/education/
Australian Strength Performance	ASP Coach Level 1 Certification	Workshop/Seminar	1.9	12/31/21	www.trainasp.com.au/education/
Australian Strength Performance	Fat Loss Specialization	Workshop/Seminar	1.9	12/31/21	
Australian Strength Performance	Hypertrophy Level 1	Workshop/Seminar	1.4	12/31/21	
Australian Strength Performance	Physique Transformation Level 1	Workshop/Seminar	0.7	12/31/21	
B Strong	Blood Flow Restriction Training	Workshop/Seminar	0.8	12/31/21	bstrong.training
Baptiste Power of Yoga, LLC	Yoga with Weights: Baptiste Method Study Course - Intro Level I	Home Study	1.9	12/31/21	www.powerofyoga.com
Barbell Rehab, LLC	Strength Training the Post-Operative Client	Workshop/Seminar	0.5	12/31/21	https://barbellrehab.com/operation-online-course
Barbell Rehab, LLC	The Barbell Rehab Method	Workshop/Seminar	1.5	12/31/21	barbellrehab.com
Barbell Rehab, LLC	The Barbell Rehab Olympic Weightlifting Workshop	Workshop/Seminar	0.7	12/31/21	https://barbellrehab.com
Barbell Rehab, LLC	The Barbell Rehab Workshop	Workshop/Seminar	0.6	12/31/21	https://barbellrehab.com/workshops
Barbell Rehab, LLC	The Barbell Rehab Workshop Online Course	Home Study	0.9	12/31/21	https://barbellrehab.com
Barre Certification (IBBFA)	Barre Essentials - A Training Guide On How To Be An Effective Barre Instructor	Home Study	0.8	12/31/21	www.barrecertification.com
Barre Certification (IBBFA)	Barre Level 1- Fundamentals of Barre Technique	Workshop/Seminar	1.9	12/31/21	https://barrecertification.com/
Barre Variations	Barre Variation Teacher Training	Workshop/Seminar	0.8	12/31/21	
Barre Variations	Barre Variations Teacher Training Online	Home Study	0.8	12/31/21	www.barrevariations.com
Bespoke Treatments	BESPOKE KETTLEBELL TRAINING 101	Workshop/Seminar	1.3	12/31/21	www.bespoketreatments.com
Bike Live	International Indoor Cycling Certification Level BE3	Workshop/Seminar	1.8	12/31/21	www.bebikelive.com
BioForce	BioForce Certified Conditioning Coach	Home Study	1.7	12/31/21	https://www.8weekssout.com/conditioning-certification/
BODY FX	Figure 8 Basic Instructor	Home Study	0.6	12/31/21	
BOMBAY JAM	BOMBAY JAM(R) CERTIFICATE COMPLETION	Workshop/Seminar	1.2	12/31/21	www.bombayjam.com
BOMBAY JAM	BOMBAY JAM(R) CERTIFICATE COMPLETION ONLINE	Home Study	0.5	12/31/21	www.bombayjam.com
BOMBAY JAM	BOMBAY JAM(R) DAY 2 Q1	Workshop/Seminar	0.4	12/31/21	www.bombayjam.com
BOMBAY JAM	BOMBAY JAM(R) DAY 2 Q2	Workshop/Seminar	0.4	12/31/21	www.bombayjam.com
BOMBAY JAM	BOMBAY JAM(R) DAY 2 Q3	Workshop/Seminar	0.4	12/31/21	www.bombayjam.com
BOMBAY JAM	BOMBAY JAM(R) DAY 2 Q4	Workshop/Seminar	0.4	12/31/21	www.bombayjam.com
Brian Grant Foundation	Exercise for Parkinson's (Home Study)	Home Study	0.6	12/31/21	www.briangrant.org

Brian Grant Foundation	Exercise for Parkinson's (Workshop)	Workshop/Seminar	0.6	12/31/21	www.briangrant.org
Brianna Battles	Pregnancy & Postpartum Athleticism	Home Study	1.9	12/31/21	https://pregnancyandpostpartumathleticism.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Acute Variables: Repetition Range	Home Study	0.1	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Adductors	Home Study	0.2	12/31/21	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	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Ankle Joint	Home Study	0.3	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Anterior Oblique Subsystem Integration	Home Study	0.2	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Back/Pulling Progressions	Workshop/Seminar	0.1	12/31/21	http://brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Biceps Femoris	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Bridge and Progressions	Workshop/Seminar	0.2	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Cervical Spine	Home Study	0.3	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Chest/Pushing Progressions	Workshop/Seminar	0.1	12/31/21	http://brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Chop Pattern and Progressions	Home Study	0.1	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Comparing Shoulder External Rotator Exercises	Workshop/Seminar	0.1	12/31/21	www.brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Coracobrachialis	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Corrective Exercise Lab	Workshop/Seminar	1.6	12/31/21	brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deadlift Progressions	Workshop/Seminar	0.1	12/31/21	http://brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deep Cervical Flexor Activation	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deep Longitudinal Subsystem	Home Study	0.2	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deep Neck Flexors	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deltoids	Home Study	0.2	12/31/21	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	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Does Movement Impairment Precede Low Back Injury?	Workshop/Seminar	0.1	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Erector Spinae	Home Study	0.2	12/31/21	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	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	External Obliques	Home Study	0.2	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Flexor Hallucis Longus and Flexor Digitorum Longus	Workshop/Seminar	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Functional Anatomy 1: Introduction	Home Study	0.3	12/31/21	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	12/31/21	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	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Gluteus Maximus	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Gluteus Maximus Activation	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Gluteus Medius Activation	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip External Rotator: Release and Lengthening	Home Study	0.1	12/31/21	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip Flexor: Release and Lengthening	Home Study	0.1	12/31/21	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip Internal Rotator: Release and Lengthening	Home Study	0.1	12/31/21	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Hip Joint	Home Study	0.3	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Infraspinatus and Teres Minor	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Integrated Exercise Progressions	Workshop/Seminar	0.1	12/31/21	brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Internal Obliques	Home Study	0.2	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Intrinsic Stabilization Subsystem	Workshop/Seminar	0.1	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Knee Joint	Home Study	0.3	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lattissimus Dorsi	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Legs/Triple Extension Progressions	Workshop/Seminar	0.1	12/31/21	http://brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Levator Scapulae	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower Body Goniometric Assessment	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower Body Manual Muscle Testing (MMT)	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower Extremity Dysfunction	Home Study	0.4	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower-extremity Power Exercise Intensity, Part 1	Home Study	0.1	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lower-extremity Power Exercise Intensity, Part 2	Workshop/Seminar	0.1	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Lumbar Extensor: Release and Lengthening	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Cell Structure and Function	Home Study	0.1	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Fiber Dysfunction and Trigger Points	Workshop/Seminar	0.2	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Fiber Types	Workshop/Seminar	0.1	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Length Tests	Home Study	0.2	12/31/21	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	12/31/21	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	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Pectoralis Major	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Pectoralis Minor	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Performance Program Design	Workshop/Seminar	1.6	12/31/21	brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Plank and Side Plank Progressions	Home Study	0.2	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Plantar Flexor: Release and Lengthening	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Popliteus	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Posterior Oblique Subsystem Integration	Workshop/Seminar	0.2	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Power (High-velocity) Training: Introduction	Home Study	0.3	12/31/21	www.brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Power (High-velocity) Training: Lower Body	Home Study	0.2	12/31/21	www.brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Power (High-velocity) Training: Upper and Total Body Exercises	Home Study	0.2	12/31/21	www.brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Predictive Model of Lumbo Pelvic Hip Complex Dysfunction	Workshop/Seminar	0.4	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Predictive Model of Upper Body Dysfunction (UBD)	Home Study	0.3	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Rectus Abdominis & Pyramidalis	Home Study	0.2	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Regional Interdependence: Hip and Ankle	Home Study	1.0	12/31/21	www.brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Regional Interdependence: Trunk and Lower Extremity	Workshop/Seminar	0.1	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Rhomboids	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Scapular Muscles: Release and Lengthening	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Self-administered Joint Mobilizations: Lower Extremity	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Self-administered Joint Mobilizations: Upper Extremity	Home Study	0.2	12/31/21	www.BrookbushInstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Serratus Anterior	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Serratus Anterior Activation	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Shoulder External Rotator Activation	Home Study	0.1	12/31/21	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	12/31/21	http://www.brookbushinstitute.com

Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Shoulder Joint	Home Study	0.3	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Shoulder/Overhead Progressions	Workshop/Seminar	0.1	12/31/21	http://brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Soleus	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Stability Training	Workshop/Seminar	0.1	12/31/21	http://brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Sternoclavicular, Acromioclavicular and Scapulothoracic Joints	Home Study	0.3	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Subscapularis	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Supraspinatus	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tensor Fascia Latae	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Teres Major	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	The Effects of Local Vibration	Workshop/Seminar	0.1	12/31/21	brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibia External Rotator: Release and Lengthening	Home Study	0.1	12/31/21	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Anterior	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Anterior Activation	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Posterior	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Posterior Activation	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Transverse Abdominis Activation	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Trapezius Activation	Home Study	0.1	12/31/21	http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Trapezius Muscle	Home Study	0.2	12/31/21	brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Upper Body Goniometric Assessment	Home Study	0.2	12/31/21	http://brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Upper Body Manual Muscle Testing (MMT)	Home Study	0.1	12/31/21	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	12/31/21	https://brentbrookbush.com/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Vibration Release Techniques: Lower Body	Workshop/Seminar	0.2	12/31/21	brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Vibration Release Techniques: Upper Body	Workshop/Seminar	0.2	12/31/21	brentbrookbush.com
Brown Dog Yoga	BDY Barre/Fusion Certification	Workshop/Seminar	1.4	12/31/21	
Brown Dog Yoga	BDY Cycle Instructor Training Program	Workshop/Seminar	0.9	12/31/21	www.browndogyoga.com
BUTI Yoga with Elisabeth Gold	Buti Yoga Training	Workshop/Seminar	1.9	12/31/21	https://butiyoga.com/collections/certify
Camp Gladiator	Camp Gladiator Academy 2021	Workshop/Seminar	1.9	12/31/21	https://campgladiator.com/academy
Canadian Pole Fitness Association	Beginner Pole Instructor Training Courses	Workshop/Seminar	0.8	12/31/21	canadianpolefitnessassociation.com
CERF Global (Chiropractic Research Foundation)	Functional Anatomy and Recovery Science	Workshop/Seminar	1.3	12/31/21	cerfglobal.com
Core Exercise Solutions	Postpartum Corrective Exercise Specialist	Home Study	1.9	12/31/21	www.coreexercisesolutions.com
Core Exercise Solutions	The Shoulder Solution	Home Study	0.7	12/31/21	www.CoreExerciseSolutions.com
Core Health & Fitness	BoxMaster Instructor Workshop	Workshop/Seminar	0.5	12/31/21	www.corehandf.com/certification
Core Health & Fitness	Cardio Coach Specialist Training Course by Star Trac	Workshop/Seminar	0.4	12/31/21	corehandf.com
Core Health & Fitness	Inspired Intensity	Home Study	0.2	12/31/21	corehandf.com
Core Health & Fitness	Mpower Advanced Coaching with Wattage/Power	Home Study	0.8	12/31/21	corehandf.com
Core Health & Fitness	Nautilus Human Sport Specialist Workshop	Workshop/Seminar	0.8	12/31/21	www.corehandf.com/certification
Core Health & Fitness	Ride and Restore	Home Study	0.2	12/31/21	corehandf.com
Core Health & Fitness	Schwinn Cycling Online Classic Instructor	Home Study	0.7	12/31/21	www.corehandf.com/certification
Core Health & Fitness	Schwinn Cycling: Prime Design	Workshop/Seminar	0.2	12/31/21	http://corehandf.com
Core Health & Fitness	Schwinn Indoor Cycling - Rhythm Done Right	Workshop/Seminar	0.2	12/31/21	www.corehandf.com/certification
Core Health & Fitness	Schwinn Indoor Cycling Workshop: All the Right Cues	Workshop/Seminar	0.2	12/31/21	www.schwinneducation.com
Core Health & Fitness	Schwinn Indoor Cycling Workshop: Class Design Crunch Time	Workshop/Seminar	0.2	12/31/21	www.schwinneducation.com
Core Health & Fitness	Schwinn Indoor Cycling: Classic Instructor Certification	Workshop/Seminar	0.8	12/31/21	www.schwinneducation.com
Core Health & Fitness	Schwinn Indoor Cycling: How to WOW	Workshop/Seminar	0.2	12/31/21	www.corehandf.com/certification
Core Health & Fitness	Schwinn Indoor Cycling: The Magic of Music	Workshop/Seminar	0.2	12/31/21	www.corehandf.com/certification
Core Health & Fitness	Schwinn Performance and Periodization Workshop	Home Study	0.2	12/31/21	www.corehandf.com/certification
Core Health & Fitness	Schwinn® Cycling: Balancing Act - The Art of True Cycling Fusion	Workshop/Seminar	0.2	12/31/21	www.corehandf.com/certification
Core Health & Fitness	Schwinn® Cycling: Super Star Substitute	Workshop/Seminar	0.2	12/31/21	www.corehandf.com/certification
Core Health & Fitness	StairMaster HIIT Instructor Online Training Course	Home Study	0.4	12/31/21	www.corehandf.com/certification
Core Health & Fitness	StairMaster HIIT Instructor Training Program	Workshop/Seminar	0.4	12/31/21	www.corehandf.com/certification
Core Health & Fitness	Strength Training Specialist Course by Nautilus	Home Study	0.4	12/31/21	corehandf.com
COREFIRST TRAINER	COREFIRST Fearless Devotion 1.1 Course	Workshop/Seminar	1.9	12/31/21	cfxtrainer.com
COREFIRST TRAINER	Level 1.0 COREFIRST Trainer Course	Workshop/Seminar	0.4	12/31/21	cfxtrainer.com
COREFIRST TRAINER	Level 2.0 COREFIRST Trainer Course	Workshop/Seminar	0.7	12/31/21	cfxtrainer.com
Dan-Z Fitness Pte Ltd	Official KpopX® Fitness Instructor	Workshop/Seminar	0.8	12/31/21	www.kpopxfitness.com
Delos Institute	Strength Training and Fascia	Workshop/Seminar	0.3	12/31/21	https://www.delostherapy.com
DESIREE FITNESS	ENTRENADOR PERSONAL	Workshop/Seminar	0.6	12/31/21	desireefitness.com
DR. MARIA LUQUE & KRISTINA OLSON	Menopausal Fitness: Training The Menopausal Client	Workshop/Seminar	0.7	12/31/21	https://www.FitnessInMenopause.com
Dr. Sears Wellness Institute	Health Coach Certification-Adults & Seniors	Home Study	1.9	12/31/21	drsearswellnessinstitute.org
Dr. Sears Wellness Institute	Health Coach Certification-Families	Home Study	1.9	12/31/21	drsearswellnessinstitute.org
ELDOA	ELDOA 1 & 2 Combination Education Course	Workshop/Seminar	1.9	12/31/21	
Elite Endurance Barre	Elite Endurance Barre	Workshop/Seminar	0.2	12/31/21	Eliteendurancebarre.com
Embarazo Activo	Physical Activity in Pregnancy and Postpartum	Workshop/Seminar	1.9	12/31/21	www.embarazoactivo.com
Empower Training Systems, Inc.	Empower (Martial Fitness) Kickboxing Fitness Instructor Training	Home Study	1.9	12/31/21	www.empower-usa.com
Empower Training Systems, Inc.	Empower Self Defense Instructor Training – Phase 1 & 2	Home Study	1.9	12/31/21	www.empower-usa.com
Exercise Professional Education	Exercise and Pain: A New Perspective	Workshop/Seminar	0.8	12/31/21	https://www.exerciseproed.com
Fit For Birth, Inc	Pre & Post Natal Corrective Exercise Specialist (Home Study + Mini Internship)	Home Study	1.9	12/31/21	www.getfitforbirth.com
FIT4MOM	Body Boost	Workshop/Seminar	0.3	12/31/21	fit4mom.com
FIT4MOM	Body Ignite Certification	Workshop/Seminar	0.3	12/31/21	https://fit4mom.com/
FIT4MOM	Body Well	Workshop/Seminar	0.4	12/31/21	fit4mom.com
FIT4MOM	Fit4Baby	Home Study	0.3	12/31/21	
FIT4MOM	FIT4MOM Foundations	Home Study	0.8	12/31/21	
FIT4MOM	Run Club+	Workshop/Seminar	0.3	12/31/21	https://fit4mom.com/
FIT4MOM	Strides 360	Workshop/Seminar	0.3	12/31/21	https://fit4mom.com/
FIT4MOM	Stroller Barre	Home Study	0.3	12/31/21	
FIT4MOM	StrollerStrides	Home Study	0.4	12/31/21	
FIT4MOM	Teaching Fundamentals	Workshop/Seminar	0.7	12/31/21	fit4mom.com
FitFixNow	5 Ways You're Losing Your Clients	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Ace the Army Combat Fitness Test (ACFT)	Workshop/Seminar	0.2	12/31/21	https://www.fitfixnow.com
FitFixNow	Adding Yoga Techniques to Program Design	Home Study	0.2	12/31/21	www.fitfixnow.com

FitFixNow	Arthritis Exercise Integration	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Boost Your Business with a Better Business Plan	Home Study	0.2	12/31/21	www.fixitnow.com
FitFixNow	Boxing for Parkinson's and Senior Fitness	Home Study	0.3	12/31/21	www.fitfixnow.com
FitFixNow	Coaching: Advancing the Skill of Personal Trainers	Home Study	0.6	12/31/21	www.fitfixnow.com
FitFixNow	Exercise for Overweight and Obese Clients	Home Study	0.2	12/31/21	http://www.fitfixnow.com
FitFixNow	Expand Your Audience: Social Media and Podcasting	Home Study	0.3	12/31/21	www.fitfixnow.com
FitFixNow	Expand your Reach with Online Face to Face Training	Home Study	0.2	12/31/21	https://www.fitfixnow.com/
FitFixNow	Facial Fitness and Rejuvenation: Let's FACE It Together	Home Study	0.3	12/31/21	https://www.fitfixnow.com
FitFixNow	Fit Kids for Life: Reversing Childhood Obesity	Home Study	0.2	12/31/21	
FitFixNow	Growth, Discovery & Programming for the 6 to 9 Year Old: Essentials of Youth Fitness	Home Study	0.3	12/31/21	www.fitfixnow.com
FitFixNow	Helping Your Clients Become Their Best!	Home Study	0.5	12/31/21	http://www.fitfixnow.com
FitFixNow	Helping Your Clients with Pain Management	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	HIIT for Clients: Getting More with Less	Home Study	0.2	12/31/21	https://www.fitfixnow.com
FitFixNow	Increase Your Income with Online Video Group Training	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Making EVERY Client a Success: A Toolkit for Behavior Change	Home Study	0.2	12/31/21	
FitFixNow	Maximize Your Profit Starting NOW	Workshop/Seminar	0.2	12/31/21	https://www.fitfixnow.com
FitFixNow	Nutrition as Medicine	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Nutrition for Fitness Professionals	Home Study	0.4	12/31/21	https://www.fitfixnow.com
FitFixNow	Optimal Nutrition for Teen Athletes	Workshop/Seminar	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Reinventing The Wheel: Fitness and Adapted PE for the Autism Population	Workshop/Seminar	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Stop the Fall BEFORE it happens: Balance & Stretch for Aging Populations	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Strong Minds Strong Bodies	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Teaching Weight Loss Strategies for Personal Trainers	Home Study	0.3	12/31/21	www.fitfixnow.com
FitFixNow	Technology is Your Friend - Using Heart Rate Training to Get More out of Your Clients	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	The Midas Touch: Golden Clients in their Golden Years	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Training Aging Bones and Muscles	Home Study	0.2	12/31/21	http://www.fitfixnow.com
FitFixNow	Training Injured Clients	Home Study	0.3	12/31/21	https://www.fitfixnow.com
FitFixNow	Training the Aging Heart with Safety and Confidence	Home Study	0.4	12/31/21	www.fitfixnow.com
FitFixNow	Training Towards and Away From Knee and Hip Replacement	Home Study	0.3	12/31/21	
FitFixNow	Workout Creation: The How and The Why	Home Study	0.2	12/31/21	www.fitfixnow.com
FitFixNow	Youth Fitness: Herding Ferrets, Building Champions and Coaching in a Maelstrom	Home Study	0.5	12/31/21	https://www.fitfixnow.com
FitFixNow	Zen, Science and Better Client Results	Home Study	0.4	12/31/21	www.fitfixnow.com
Fitness Edutraining Asia	Body Transformation Specialist Level 1 & 2	Workshop/Seminar	1.8	12/31/21	fea.group
Fitness Edutraining Asia	Body Transformation Specialist Level 3	Workshop/Seminar	1.6	12/31/21	fea.group
Fitness Edutraining Asia	Bump & Beyond: Training Pregnant and Postpartum Clients	Workshop/Seminar	1.2	12/31/21	fea.group
Fitness Edutraining Asia	Health & Fitness Nutrition	Workshop/Seminar	1.2	12/31/21	fea.group
Fitness Edutraining Asia	HIIT Instructor Training	Workshop/Seminar	0.6	12/31/21	fea.group
Fitness Edutraining Asia	Managing Clients with Fat Loss Goal - Health Coaching Level 1	Workshop/Seminar	1.8	12/31/21	fea.group
Fitness Edutraining Asia	MUAYTHAI Kickboxing for Trainers Level 1 & 2	Workshop/Seminar	1.6	12/31/21	fea.group
Fitness Mentors LLC	Business & Sales: The Guide to Success as a Personal Trainer	Home Study	1.9	12/31/21	www.fitnessmentors.com
Fitness Mentors LLC	Pain Management Specialist	Home Study	1.9	12/31/21	www.fitnessmentors.com
Fitness Mentors LLC	Program Design Specialist	Home Study	1.9	12/31/21	www.fitnessmentors.com
Fitness Mentors LLC	Special Populations Exercise Specialist	Home Study	1.9	12/31/21	www.fitnessmentors.com
FITOUR	Advanced Aqua Self Study	Workshop/Seminar	0.8	12/31/21	www.fitour.com
FITOUR	Advanced Barre Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Advanced Boot Camp Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Advanced Indoor Cycling Self Study	Workshop/Seminar	0.8	12/31/21	www.fitour.com
FITOUR	Advanced Myofascial Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Advanced Pilates Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Advanced Suspension Self-Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Advanced Yoga Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Core and Functional Fitness Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Group Barbell Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Kickboxing Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Pilates Reformer Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Primary Aqua Self Study	Workshop/Seminar	0.8	12/31/21	www.fitour.com
FITOUR	Primary Barre Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Primary Boot Camp Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Primary Indoor Cycling Self Study	Workshop/Seminar	0.8	12/31/21	www.fitour.com
FITOUR	Primary Myofascial Release Self Study	Workshop/Seminar	0.8	12/31/21	http://www.fitour.com
FITOUR	Primary Pilates Self Study	Workshop/Seminar	0.8	12/31/21	www.fitour.com
FITOUR	Primary Suspension Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Primary Yoga Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Stability Ball Self Study	Home Study	0.8	12/31/21	www.fitour.com
FITOUR	Step Self Study	Home Study	0.8	12/31/21	www.fitour.com
FitSteps	FitSteps Instructor Training Program	Home Study	0.4	12/31/21	fitstepsdance.com
FreeMotion Fitness	FUSION Team Training Coach Course	Workshop/Seminar	0.6	12/31/21	www.freemotionfitness.com
Functional Medicine Coaching Academy (FMCA)	Functional Medicine Coaching Academy Health Coaching Program	Home Study	1.8	12/31/21	http://www.functionalmedicinecoaching.org
Fusionetics Academy	Fusionetics Body MAP: Motion Capture and Movement Testing	Home Study	1.5	12/31/21	www.fusionetics.com
Fusionetics Academy	Fusionetics Movement Efficiency Level 1	Home Study	0.8	12/31/21	www.fusionetics.com
Girls Gone Strong	Girls Gone Strong L1 Certification	Home Study	1.9	12/31/21	academy.girlsgonestrong.com
Girls Gone Strong	Moms Gone Strong Module 1: Trying to Conceive	Home Study	0.2	12/31/21	http://www.girlsgonestrong.com
Girls Gone Strong	Moms Gone Strong Module 2: Pregnancy	Home Study	0.2	12/31/21	http://www.girlsgonestrong.com
Girls Gone Strong	Moms Gone Strong Module 3: Post-Pregnancy	Home Study	0.2	12/31/21	http://www.girlsgonestrong.com
Girls Gone Strong	Pre- & Postnatal Coaching Certification	Workshop/Seminar	1.9	12/31/21	academy.girlsgonestrong.com
Gray Institute	Foot & Ankle Specialty	Home Study	1.9	12/31/21	www.grayinstitute.com
Group Fitness Academy	The EnterTRAINment Project®	Workshop/Seminar	1.9	12/31/21	
Grovey Effect	Grovey Effect	Workshop/Seminar	0.8	12/31/21	groveyeffect.com
Gymnazo, Inc.	Multidimensional Movement Coaching Program	Home Study	1.5	12/31/21	www.gymnazoedu.com/programs-training
Hellenic Network of Fitness Certification	In Season Training for Sports Performance	Workshop/Seminar	1.0	12/31/21	https://hnfc.academy

High Performance Coaching	ALL Phases	Workshop/Seminar	1.9	12/31/21
High Performance Coaching	Phase 1 – Owner	Home Study	1.0	12/31/21
High Performance Coaching	Phase 1- Trainer	Home Study	0.8	12/31/21
High Performance Coaching	Phase 2	Workshop/Seminar	1.6	12/31/21
High Performance Coaching	Phase 3	Workshop/Seminar	1.6	12/31/21
High Performance Coaching	Phase 4	Workshop/Seminar	1.6	12/31/21
Hong Kong Stretching Exercise Association	Stretching Instructor	Workshop/Seminar	1.9	12/31/21 www.hongkongstretch.org
Human Motion Associates	Flexibility Highways	Home Study	0.3	12/31/21 www.humanmotionassociates.com
ICAA International Council on Active Aging	ICAA's Leadership in Wellness Management	Workshop/Seminar	1.9	12/31/21 http://www.icaa.cc/certificate/overview.htm
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual	Conference	1.8	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.1)	Conference	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.2)	Conference	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.3)	Conference	0.3	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.4)	Conference	0.4	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.5)	Conference	0.5	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.6)	Conference	0.6	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.7)	Conference	0.7	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.8)	Conference	0.8	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.9)	Conference	0.9	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.0)	Conference	1.0	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.1)	Conference	1.1	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.2)	Conference	1.2	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.3)	Conference	1.3	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.4)	Conference	1.4	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.5)	Conference	1.5	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.6)	Conference	1.6	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.7)	Conference	1.7	12/31/21 www.idealift.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.8)	Conference	1.8	12/31/21 www.idealift.com
IDEA Health & Fitness	21st Century Body Sculpt	Home Study	0.1	12/31/21
IDEA Health & Fitness	50 Ways to Leave Your Core Lovers Wanting You More, Powered by Savvier Fitness	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	A Different Look at Core Training: The Backside	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Active Resistance Training® Total Body Mat Practice	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Advanced and Progressive Mechanics of Lifting and Strength Training	Home Study	0.1	12/31/21
IDEA Health & Fitness	After the Injury: Functional Training Periodization	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Anatomy: Reconnect With Your Spine Muscles, by NFPT	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	April 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Using Telehealth to Inspire...	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	April 2019 IDEA Fitness Journal Quiz 2: The Right Carbs for Energy, and Diabetes Management and...	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	April 2019 IDEA Fitness Journal Quiz 3: Alternative Recovery Methods to Avoid Overtraining Injuries	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	April 2019 IDEA Fitness Journal Quiz 4: The Effects of Sleep Deprivation	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	April 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	Assessment and Corrective Exercise Strategies for Improved Shoulder Function	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Assessment, Corrective Exercise and Functional Training in the Virtual and Physical Training..	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	August 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	Back to Basics With Anatomy	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	Balanced Body™: Pilates Smart Core Challenge	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Balancing Hormones for Optimal Weight Loss	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Balancing Hormones through Nutrition	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Battle Rope Mastery	Home Study	0.1	12/31/21
IDEA Health & Fitness	Becoming a Behavioral Health Spotter	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Best Practices in the New Normal	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Beyond the Macros: Placing the Focus Back on Nutrient-Dense Foods	Home Study	0.1	12/31/21
IDEA Health & Fitness	Biohack Your Body—Anti-Aging Secrets to Ensure Movement Longevity	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	BLAME: Client Excuses for Not Exercising and Solutions to Retrain Their Behaviors	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Blast Your Abs, Glutes and Core – A Big HIIT With Your Clients	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Body-Weight Training-Amped Up	Home Study	0.1	12/31/21
IDEA Health & Fitness	Bridging the Gap Between Good Intentions and Meaningful Nutrition Change	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	Can Technology Be Harnessed to Inspire Lasting Behavior Change?	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	Carb IQ: Comparing Keto, Paleo and Low Carb	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	Cardio-Strength Circuits for Fun and Function!	Home Study	0.1	12/31/21 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	12/31/21 www.idealift.com
IDEA Health & Fitness	Communicating With Your Female Clients for Breakthrough Results	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Complete Program Design for the Obese/Overweight Client	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Core Connections: Progression Strategies to Enhance Core Function	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	CORE Yoga for Healthy Backs	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Correct the Psoas Gluteus Imbalance	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Creating a Passionate and Loyal Community in and Out of the Group Ex Studio	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Cue Movement and Exercise With Abdominal Anatomy, by NFPT	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	Cue Movement and Exercise With Hip Anatomy, by NFPT	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	December 2020 IDEA Fitness Journal SPRINT Quiz:: Health and Nutrition News	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	Designing a Self-Myofascial Release Program	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Designing and Delivering Effective Online Personal Training Sessions	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Diversity Strengthens Leadership	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Dynamic Nutrition Science: Parsing Today's Most Relevant Research for Real Life	Home Study	0.1	12/31/21 www.idealift.com
IDEA Health & Fitness	East Meets West: A Mindful Approach to Health Coaching	Home Study	0.1	12/31/21
IDEA Health & Fitness	Eating a Lower Inflammatory Diet	Home Study	0.1	12/31/21
IDEA Health & Fitness	Effective Cueing, Communications and Coaching for In-Person and Virtual Group Fitness Classes	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Essential Guide to a Pain-Free Low Back	Home Study	0.6	12/31/21 www.idealift.com
IDEA Health & Fitness	Exercise Science Update: New Research and Ideas	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Extreme Equipment-LESS Boot Camp	Home Study	0.2	12/31/21 www.idealift.com
IDEA Health & Fitness	Fascia Release for Yoga	Home Study	1.0	12/31/21 www.idealift.com

IDEA Health & Fitness	Fascial Line Mobility	Home Study	0.1	12/31/21
IDEA Health & Fitness	Fat-Loss Programming for Your Female Clients	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	February 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	February 2019 IDEA Fitness Journal Quiz 2: Resistance Training for Muscle Size, and Weight Training	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	February 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Flexibility for the Inflexible	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Free and Low-Budget Marketing Strategies to Attract Prospects, Close Clients and Build Influence..	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	From Neck to Knees...More Than Just Core!	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	From the Hip	Home Study	0.2	12/31/21
IDEA Health & Fitness	Functional Anatomy: The Secret to Efficient Movement	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Functional Assessment for Special Populations	Home Study	0.1	12/31/21
IDEA Health & Fitness	Functional Balance Circuits for the Active Adult (ACE Mover Academy)	Home Study	0.1	12/31/21
IDEA Health & Fitness	Functional Circuits for Aging Clients	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Functional Flexibility for the Active Aging	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Functional Movement Patterns for Older Adults	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Functional Movement Triad	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Functional Power Training for Older Clients, by FAI	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Gait-Based Movement Screening	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	GENERATE Buzz With Simple Marketing	Home Study	0.1	12/31/21
IDEA Health & Fitness	Get Social Savvy to Communicate Better	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Getting Maximum Results With Minimal Equipment	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Glute Reboot	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Goodbye Infobesity, Hello Action Plan!	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Group Exercise Applications for Training the Posterior Chain	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Grow Your Business With Authentic Inclusive Marketing and Messaging Strategies	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Guiding Others to Create Their Healthiest, Most Delicious Life	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Handstands	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Hidden Secrets to Core Performance	Home Study	0.2	12/31/21
IDEA Health & Fitness	High-Intensity Kettlebell Training	Home Study	0.1	12/31/21
IDEA Health & Fitness	HIITS Blitz	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	How Hormones and Metabolism Change the Training Game for Females	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	How to Expand and Grow Your Personal Training Client Base	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	How to Lead Unforgettable In-Person and Virtual Group Fitness Classes	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	How to Run Your Own "Drop Two Sizes" Challenge	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	I Am Ageless Now	Home Study	0.8	12/31/21 www.ideafit.com
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IDEA Health & Fitness	It Takes Guts! Connecting the Brain, Diet and Microbiome	Home Study	0.1	12/31/21
IDEA Health & Fitness	January 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Essential Elements of Teachin	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	January 2019 IDEA Fitness Journal Quiz 2: Exercise and Mental Health, and Benefits of Effortful Lear	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	January 2019 IDEA Fitness Journal Quiz 3: Enhancing Mobility, Stability and Balance With Yoga	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	January 2019 IDEA Fitness Journal Quiz 4: Food and Nutrition News, and Helping Clients Improve Nutri	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	January 2020 IDEA Fitness Journal Quiz 1: Program Design for Older Adults, and Shoulder Mechanics...	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	January 2020 IDEA Fitness Journal Quiz 2: Using Happiness for Training and Behavior Change	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	January 2020 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and the Low-FODMAP Diet...	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	January 2021 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	January 2021 IDEA Fitness Journal Quiz 2: Water Walking to Better Health and Designing a Hiking...	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	July 2020 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	July 2020 IDEA Fitness Journal Quiz 2: Health Lessons for Greater Longevity	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	July 2020 IDEA Fitness Journal Quiz 3: Coaching Clients With Obesity	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	July 2020 IDEA Fitness Journal Quiz 4: The Benefits of Intermittent Fasting	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	July 2020 IDEA Fitness Journal Quiz 5: Vibration Training Research and Programming	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	July-August 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	July-August 2019 IDEA Fitness Journal Quiz 2: Using a Plant-Centered Diet to Control Inflammatory...	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	July-August 2019 IDEA Fitness Journal Quiz 3: The Facts on Popular Nutrition Topics	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	June 2019 IDEA Fitness Journal Quiz 1: The Importance of Volume in Resistance Training, and Fitness	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	June 2019 IDEA Fitness Journal Quiz 2: Using Motivational Interviewing to Drive Behavior Change	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	June 2019 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Dietary Changes for Lung Health	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	June 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Lead and Empower a Loyal Team	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Leading Through Adversity and Dealing With Conflict	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Let's Get Dynamic!	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Loaded Mobility Training	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Lower-Extremity Mechanics and Techniques	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Make Your Barre Classes a HIIT	Home Study	0.2	12/31/21
IDEA Health & Fitness	March 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad	Home Study	0.1	12/31/21
IDEA Health & Fitness	March 2019 IDEA Fitness Journal Quiz 3: Coaching Clients to Embrace New Food Experiences	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	March 2020 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Weight-Training Protocols...	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	March 2020 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Helping Clients Recover...	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Mastering Fat Metabolism and Weight Management	Home Study	0.8	12/31/21 www.ideafit.com
IDEA Health & Fitness	May 2019 IDEA Fitness Journal Quiz 1: The Multifaceted Benefits of Exercise, and Simple Lifestyle...	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a...	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	May 2019 IDEA Fitness Journal Quiz 3: Pushing Past the Limits of a Barbell with Variable Lifting	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	May 2019 IDEA Fitness Journal Quiz 4: How Weightlifting Changes Metabolism	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	May 2020 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Using Tapering in Strength...	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	May 2020 IDEA Fitness Journal Quiz 2: Periodization for Resistance Training Programs	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	May 2020 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Restoring Balance with Digital...	Home Study	0.1	12/31/21 www.ideafit.com

IDEA Health & Fitness	Metabolic Disruption	Home Study	0.1	12/31/21
IDEA Health & Fitness	Motivational Interviewing Skills Produce Targeted Results	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	Motivational Interviewing: Help Clients Own the Talk That Drives the Walk	Home Study	0.1	12/31/21
IDEA Health & Fitness	Movement for Health, Functionality and Longevity	Home Study	0.8	12/31/21 www.idealife.com
IDEA Health & Fitness	Neuroscience for the Fitness Professional: How Exercise Affects Our Most Important Organ-The Brain!	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	No Sweat: Selling Exercise So People Want to Keep Buying It	Home Study	0.2	12/31/21 www.idealife.com
IDEA Health & Fitness	November 2020 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	November 2020 IDEA Fitness Journal Quiz 2: Strength Training for Running Performance and Pairing...	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	November 2020 IDEA Fitness Journal Quiz 3: Using Social Support to Build Healthy Habits	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	November-December 2019 IDEA Fitness Journal 2: Food and Nutrition News, and Breakfast Carbs	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	November-December 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Complex Training	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	November-December 2019 IDEA Fitness Journal Quiz 3: Athletic Training for Senior Clients	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	Obstacle Courses for Boot Camps and Beyond	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	October 2019 IDEA Fitness Journal Quiz 1: The Physiology of Muscle Cramps, and Discussing Bone...	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	October 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Adverse Effects...	Home Study	0.1	12/31/21 idealife.com
IDEA Health & Fitness	October 2019 IDEA Fitness Journal Quiz 3: The Truth About Small Meals and Fasting	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	October 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	Optimize Function and Mobility With Strong and Stable Shoulders and Glutes	Home Study	0.2	12/31/21 www.idealife.com
IDEA Health & Fitness	Pain-Free Movement-The Science and Application (ACE Mover Academy)	Home Study	0.2	12/31/21
IDEA Health & Fitness	Pilates on a Ball	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	Posture Improvement Workshop	Home Study	0.2	12/31/21 www.idealife.com
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IDEA Health & Fitness	Power Medicine Ball Drills for Groups	Home Study	0.2	12/31/21 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	12/31/21 www.idealife.com
IDEA Health & Fitness	PRODUCE More Revenue	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	Progressing Clients From Function to Performance	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	Progressive Programming for Active Aging	Home Study	0.2	12/31/21 www.idealife.com
IDEA Health & Fitness	Protein Master Class: Health, Performance and Weight Loss	Home Study	0.2	12/31/21 www.idealife.com
IDEA Health & Fitness	Protein Obsessed: Sorting the Truth From the Hype	Home Study	0.1	12/31/21
IDEA Health & Fitness	REACH More Clients: Be Loud and Proud	Home Study	0.1	12/31/21
IDEA Health & Fitness	Rescue Your Knees - Look at Your Feet	Home Study	0.1	12/31/21
IDEA Health & Fitness	Retain Clients Forever	Home Study	0.2	12/31/21 www.idealife.com
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IDEA Health & Fitness	Sculpting the Ultimate Coach Within: How to Deliver Remarkable Client Results While Blazing an Epic	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	September 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	September 2019 IDEA Fitness Journal Quiz 2: Evaluating the Health Risks of Obesity, and Transverse..	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	September 2019 IDEA Fitness Journal Quiz 3: Pilates for Core Conditioning and Coping with Chronic...	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	September 2020 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	September 2020 IDEA Fitness Journal Quiz 2: Enhancing Mitochondria with Resistance Training...	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	September 2020 IDEA Fitness Journal Quiz 3: Programming for Clients After Quarantine	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One)	Home Study	0.8	12/31/21 www.idealife.com
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IDEA Health & Fitness	Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change	Home Study	0.1	12/31/21 www.idealife.com
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IDEA Health & Fitness	Solutions for Training Post-pregnancy Clients	Home Study	0.2	12/31/21 www.idealife.com
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IDEA Health & Fitness	The Female Lumbo-Pelvic Complex (ACE Mover Academy)	Home Study	0.2	12/31/21
IDEA Health & Fitness	The Female Physique-The Link Between Nutrition, Hormones and Strength Training	Home Study	0.2	12/31/21 www.idealife.com
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IDEA Health & Fitness	The Future of Group Fitness: Strategies for the Successful Instructor	Home Study	0.2	12/31/21 www.idealife.com
IDEA Health & Fitness	The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain	Home Study	0.2	12/31/21 www.idealife.com
IDEA Health & Fitness	The HOPE Solution: How Our Purpose Empowers	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	The Innovative Fitness Pro: Top Tech Strategies for Business Success	Home Study	0.2	12/31/21 www.idealife.com
IDEA Health & Fitness	The Matrix - Innovative Group Strength Design	Home Study	0.2	12/31/21 www.idealife.com
IDEA Health & Fitness	The Mobile Health Map: Inspiring Your Clients and Your Business	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client	Home Study	0.2	12/31/21 www.idealife.com
IDEA Health & Fitness	The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits	Home Study	0.1	12/31/21 www.idealife.com
IDEA Health & Fitness	The Nutrition and Mental Health Connection	Home Study	0.2	12/31/21 www.idealife.com
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IDEA Health & Fitness	ThinkFit™ Flexibility: Dynamic Stretching Tricks and Tools	Home Study	0.2	12/31/21
IDEA Health & Fitness	Three-Dimensional Kettlebell Training, by Functional Training Institute	Home Study	0.2	12/31/21 www.idealife.com
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IDEA Health & Fitness	Training Two at Once: The Power of Collaborative, Competitive Partner Training	Home Study	0.2	12/31/21	www.idealife.com
IDEA Health & Fitness	Translating Today's Nutrition Science for Your Clients	Home Study	0.1	12/31/21	
IDEA Health & Fitness	TriggerPoint™ Corrective Strategies for Hip Dysfunction	Home Study	0.2	12/31/21	
IDEA Health & Fitness	TriggerPoint™ Corrective Strategies for the Foot and Ankle	Home Study	0.2	12/31/21	
IDEA Health & Fitness	TriggerPoint™ for Movement: Hip and Shoulder Mobility	Home Study	0.2	12/31/21	www.idealife.com
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IDEA Health & Fitness	Understanding the Female Pelvic Core Neuromuscular System	Home Study	0.2	12/31/21	www.idealife.com
IDEA Health & Fitness	Upper Extremity Mechanics and Techniques	Home Study	0.2	12/31/21	
IDEA Health & Fitness	Using Function to Avoid Dysfunction in Aging	Home Study	0.2	12/31/21	www.idealife.com
IDEA Health & Fitness	Using Technology to Improve Client Health and Fitness	Home Study	0.2	12/31/21	www.idealife.com
IDEA Health & Fitness	Weighing The Evidence Behind Nutrition Research	Home Study	0.1	12/31/21	www.idealife.com
IDEA Health & Fitness	Whole-Food, Plant-Based Fuel for Fitness	Home Study	0.2	12/31/21	www.idealife.com
IDEA Health & Fitness	Yoga Anatomy 101 Certificate	Home Study	1.0	12/31/21	
IDEA Health & Fitness	Yoga Anatomy 201	Home Study	1.0	12/31/21	www.idealife.com
IDEA Health & Fitness	Yoga for Optimal Client Performance	Home Study	0.2	12/31/21	
IDEA Health & Fitness	Your Guide to Stronger Legs and Great Glutes!	Home Study	0.1	12/31/21	www.idealife.com
Indoor Cycling Institute	Level 1 Indoor Cycling Instructor	Home Study	1.7	12/31/21	www.indoorcyclinginstitute.com
Interactive Fitness Trainers of America (IFTA)	LEARN TO TEACH	Workshop/Seminar	0.8	12/31/21	www.ifta-fitness.com
Interactive Fitness Trainers of America (IFTA)	POWERTRAIN	Workshop/Seminar	0.4	12/31/21	www.ifta-fitness.com
ISSN Asia	ISSN Sports Nutrition Diet Course	Workshop/Seminar	1.7	12/31/21	www.issnasia.com
ISSN Asia	ISSN-SNS	Home Study	1.9	12/31/21	www.issnasia.com
JYKinesiology, LLC	Concepts in General and Medical Fitness	Home Study	0.5	12/31/21	www.JYKinesiology.com
KAMS Lifestyle, LLC - kamsmitty60 Fitness	Jumping in - Rebound Basics	Workshop/Seminar	0.4	12/31/21	KAMSLIFE.com
KAMS Lifestyle, LLC - kamsmitty60 Fitness	Jumping in - Rebound Basics & Instructor Prep	Workshop/Seminar	0.8	12/31/21	KAMSLIFE.com
Keiser Corporation	Keiser PowerEd: Accelerate	Workshop/Seminar	0.3	12/31/21	www.keiser.com
Keiser Corporation	Keiser PowerEd: Climb	Workshop/Seminar	0.2	12/31/21	www.keiser.com
Keiser Corporation	Keiser PowerEd: Create	Workshop/Seminar	0.2	12/31/21	
Keiser Corporation	Keiser PowerEd: Empowered	Workshop/Seminar	0.3	12/31/21	www.keiser.com
Keiser Corporation	Keiser PowerEd: Foundations	Workshop/Seminar	0.8	12/31/21	www.keiser.com
Keiser Corporation	Keiser PowerEd: Foundations XP	Workshop/Seminar	0.5	12/31/21	
Keiser Corporation	Keiser PowerEd: Power	Workshop/Seminar	0.2	12/31/21	www.keiser.com
Keiser Corporation	Keiser PowerEd: Technology	Workshop/Seminar	0.2	12/31/21	www.keiser.com
Ketogenic.com	Keto Mastery Specialist	Home Study	1.9	12/31/21	ketogenic.com/mastery
KJO Coaching, L.L.C.	Health Mindset Coaching Certification	Home Study	1.9	12/31/21	www.kjocoaching.com
Kristen Townsend	Flex™ - Yoga Inspired Fitness	Workshop/Seminar	1.4	12/31/21	www.flexyogafitness.com
LA Fitness	Aqua Circuit PT Intro to Group Fitness	Workshop/Seminar	0.3	12/31/21	
LA Fitness	Aqua Training	Workshop/Seminar	0.5	12/31/21	
LA Fitness	Aqua with equipment	Workshop/Seminar	0.3	12/31/21	
LA Fitness	Body Works	Workshop/Seminar	0.5	12/31/21	
LA Fitness	Body Works Choreography	Workshop/Seminar	0.2	12/31/21	
LA Fitness	Bootcamp Circuit	Workshop/Seminar	0.2	12/31/21	
LA Fitness	Bootcamp Circuit PT Intro to Group Fitness	Workshop/Seminar	0.3	12/31/21	
LA Fitness	Club Boxing Circuit	Workshop/Seminar	0.3	12/31/21	
LA Fitness	F.I.T.A™	Workshop/Seminar	0.7	12/31/21	
LA Fitness	F.I.T.A™ Advance Teaching Skills	Workshop/Seminar	0.7	12/31/21	
LA Fitness	HIIT Advanced Cueing Workshop	Workshop/Seminar	0.4	12/31/21	
LA Fitness	Hip Hop	Workshop/Seminar	0.4	12/31/21	
LA Fitness	Indoor Cycling	Workshop/Seminar	0.5	12/31/21	
LA Fitness	Indoor Cycling for PT Intro to Group Fitness	Workshop/Seminar	0.3	12/31/21	
LA Fitness	Kickbox Cardio	Workshop/Seminar	0.4	12/31/21	
LA Fitness	Kickbox Cardio Choreography	Workshop/Seminar	0.2	12/31/21	
LA Fitness	Latin Heat	Workshop/Seminar	0.4	12/31/21	
LA Fitness	Mat Pilates	Workshop/Seminar	0.5	12/31/21	
LA Fitness	Power Circuit	Workshop/Seminar	0.3	12/31/21	
LA Fitness	Reformer Pilates for Fitness	Workshop/Seminar	1.2	12/31/21	
LA Fitness	Step Tech 1	Workshop/Seminar	0.3	12/31/21	
LA Fitness	Step Tech 2	Workshop/Seminar	0.3	12/31/21	
LA Fitness	Step Tech Choreography	Workshop/Seminar	0.2	12/31/21	
LA Fitness	Yoga Basics	Workshop/Seminar	0.8	12/31/21	
LA Fitness	Yogabeat™	Workshop/Seminar	0.6	12/31/21	
Les Mills	Advanced Training - Live	Workshop/Seminar	1.8	12/31/21	www.lesmills.com/us
Les Mills	BODYATTACK Initial Module	Workshop/Seminar	1.6	12/31/21	www.lesmills.com/us
Les Mills	BODYCOMBAT Initial Module	Workshop/Seminar	1.5	12/31/21	www.lesmills.com/us
Les Mills	BODYFLOW Initial Module	Workshop/Seminar	1.5	12/31/21	www.lesmills.com/us
Les Mills	BODYJAM Initial Module	Workshop/Seminar	1.8	12/31/21	www.lesmills.com/us
Les Mills	BODYPUMP Initial Module	Workshop/Seminar	1.5	12/31/21	www.lesmills.com/us
Les Mills	BODYSTEP Initial Module	Workshop/Seminar	1.6	12/31/21	www.lesmills.com/us
Les Mills	BORN TO MOVE Initial Module All Age Groups	Workshop/Seminar	1.9	12/31/21	www.lesmills.com/us
Les Mills	CXWORX Initial Module	Workshop/Seminar	1.5	12/31/21	www.lesmills.com/us
Les Mills	LES MILLS BARRE Initial Training Module	Workshop/Seminar	1.5	12/31/21	www.lesmills.com/us
Les Mills	LES MILLS GRIT Initial Module	Workshop/Seminar	1.5	12/31/21	www.lesmills.com/us
Les Mills	LES MILLS SPRINT Initial Module	Workshop/Seminar	1.4	12/31/21	www.lesmills.com/us
Les Mills	LES MILLS TONE Initial Module	Workshop/Seminar	1.5	12/31/21	http://www.lesmills.com/us
Les Mills	Online Advanced Training	Home Study	1.9	12/31/21	www.lesmills.com/us
Les Mills	RPM Initial Module	Workshop/Seminar	1.7	12/31/21	www.lesmills.com
Les Mills	SH'BAM Initial Module	Workshop/Seminar	1.5	12/31/21	www.lesmills.com/us
Les Mills	The TRIP Initial Module	Workshop/Seminar	1.5	12/31/21	www.lesmills.com/us

Louis Kong	Increase Profitability for Personal Trainers through Professionalism and Leadership	Workshop/Seminar	0.8	12/31/21
Louis Kong	Personal Training Essentials	Workshop/Seminar	0.8	12/31/21
Mad Dogg Athletics	Rockstar Spinning® Instructor	Workshop/Seminar	0.8	12/31/21 https://spinning.com/instructors/instructor-certifications/spin-power-training/
Mad Dogg Athletics	Rockstar Spinning® Instructor Online	Home Study	0.7	12/31/21 https://spinning.com/instructors/instructor-certifications/spin-power-training/
Mad Dogg Athletics	Spinning Instructor Online Training	Workshop/Seminar	0.8	12/31/21 www.maddogg.com
Mad Dogg Athletics	Spinning Instructor Training	Workshop/Seminar	0.8	12/31/21 http://www.spinning.com/spinning-instructors/become-an-instructor.asp
Mad Dogg Athletics	SPINPower® Instructor Online	Home Study	0.8	12/31/21 https://spinning.com/instructors/instructor-certifications/spin-power-training/
Mad Dogg Athletics	SPINPower® Instructor Training	Workshop/Seminar	0.8	12/31/21 www.spinning.com
Make A Difference Academy	3 Secrets to Thriving as a Wildly Successful Fitness Leader	Home Study	0.2	12/31/21 https://www.inspiredwithkimberly.com
Make A Difference Academy	Next Level Leadership	Workshop/Seminar	0.8	12/31/21 https://www.inspiredwithkimberly.com
Make A Difference Academy	Wellness Leadership Intensive	Workshop/Seminar	0.8	12/31/21 www.inspiredwithkimberly.com
Maria Mind Body Health LLC	Keto Coaching Certificate	Home Study	1.9	12/31/21
Meso Fit Studio	The RAMP Method Level 1	Home Study	1.0	12/31/21 www.mesofitboca.com
MJ Fit	Kettlebell Basics	Workshop/Seminar	0.5	12/31/21 https://mjfit.co
Mohey Core Method	Mohey Core Method	Workshop/Seminar	1.2	12/31/21
Mom in Balance	Mom in Balance trainer Pre/Postnatal and female fitness specialist	Home Study	1.9	12/31/21 https://mominbalance.nl
Mountainside Fitness	Sport, Studio & DJ Cycle In-House Training	Workshop/Seminar	0.8	12/31/21 mountainsidefitness.com
Mountainside Fitness	Studio Cycle, Choroography Training	Workshop/Seminar	0.6	12/31/21 mountainsidefitness.com
Mountainside Fitness	The Mountainside Way Equipment Fundamentals Training	Workshop/Seminar	0.6	12/31/21 mountainsidefitness.com
Mountainside Fitness	The Mountainside Way Group Fitness Training Workshop	Workshop/Seminar	0.8	12/31/21 www.mountainsidefitness.com
Mountainside Fitness	The Mountainside Way Power Kick Training	Workshop/Seminar	0.6	12/31/21 mountainsidefitness.com
Movement Assessment Technologies	MAT Level 1	Home Study	1.9	12/31/21 www.matassessment.com
Movement Flow	Level 1 Movement Flow Training	Workshop/Seminar	1.9	12/31/21 www.movementflow.ca
Muay Thai School USA	Muay Thai Personal Trainer	Home Study	1.9	12/31/21 https://www.muaythaischoolusa.com
National Exercise and Sports Trainers Association (NESTA)	Biomechanics Specialist (updated)	Home Study	1.9	12/31/21 www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	Heart Rate Performance Specialist	Home Study	1.9	12/31/21 www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	ITCA Certified Triathlon Coach	Home Study	1.9	12/31/21 www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	Kettlebell Coach	Home Study	1.9	12/31/21
National Exercise and Sports Trainers Association (NESTA)	MMA Conditioning Coach	Home Study	1.9	12/31/21 www.mmaca.net
National Exercise and Sports Trainers Association (NESTA)	Muay Thai Fitness	Home Study	1.9	12/31/21 www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	NESTA Live 2-day Personal Trainer Certification Workshop	Workshop/Seminar	1.6	12/31/21 www.nestacertified.com
National Exercise and Sports Trainers Association (NESTA)	Sports Nutrition Specialist	Home Study	1.9	12/31/21 www.nestacertified.com
National Exercise Trainers Association (NETA)	NETA Fit Fest 2021	Conference	1.9	12/31/21 http://www.netafit.org
National Exercise Trainers Association (NETA)	Online Barre Connect Specialty Certificate	Home Study	0.8	12/31/21 http://www.netafit.org
National Exercise Trainers Association (NETA)	Online Instructor Group Cycling Specialty Certificate	Home Study	0.5	12/31/21 http://www.netafit.org
National Exercise Trainers Association (NETA)	Online Kettlebell Specialty Certificate	Home Study	0.5	12/31/21 http://www.netafit.org
National Exercise Trainers Association (NETA)	Online Senior Fitness Specialty Certificate	Home Study	0.5	12/31/21 http://www.netafit.org
Net Profit Explosion (NPE)	NPE Fast-Track	Home Study	1.9	12/31/21 npefitness.com/us
Neuro Athletics	Neuro Athletics 101	Workshop/Seminar	1.6	12/31/21 neuroathletics.com.au
O'Gorgeous, Inc.	PIIT28 Instructor Training Workshop	Workshop/Seminar	0.6	12/31/21 www.poppilateslife.com
O'Gorgeous, Inc.	POP Pilates® Certified Instructor	Home Study	0.8	12/31/21 www.poppilateslife.com
OnFit Training College	Instructing Exercise to Children and Adolescents	Home Study	1.0	12/31/21 https://study.onfit.edu.au/courses/instructing-exercise-to-children-and-adolescents
Online Education Center	Curso de Especializacion en Entrenamiento de la Fuerza	Workshop/Seminar	1.9	12/31/21 onlineeducation.center/es
OPEX Fitness	Mixed Modal	Home Study	1.9	12/31/21 https://opexfit.com/mixed-modal/
OPEX Fitness	OPEX Coaching Program	Home Study	1.9	12/31/21
OPEX Fitness	PROGRAMMING: MOVEMENT	Home Study	1.2	12/31/21 https://opexfit.com
OPEX Fitness	Programming: Principles	Workshop/Seminar	0.4	12/31/21 https://membership.opexfit.com
Orange Whip Golf & Fitness, Golf Fitness X	Golf Fitness X Level 1 Coach Online	Home Study	1.2	12/31/21 https://gxfcertificationonline.thinkific.com/bundles/level-1-coach-certification-bundle
Pelacore	Pelacore Training Course	Workshop/Seminar	0.3	12/31/21 www.pelacore.com
Personal Trainer Development Center	Online Trainer Academy	Home Study	1.9	12/31/21 http://onlinetraineracademy.theptdc.com
PlyoJam	Plyometric Infused Dance: PlyoJam Instructor Training (Live Workshop)	Workshop/Seminar	0.8	12/31/21 www.plyojam.com
PlyoJam	Plyometric-Infused Dance: Intro to PlyoJam (online)	Home Study	0.5	12/31/21 http://www.plyojam.com
POPUp	POPUp Pro	Home Study	1.9	12/31/21 https://pop-s-school.thinkific.com/courses/popuppro
POUND® Rockout. Workout.	POUND + Generation POUND	Workshop/Seminar	1.2	12/31/21 poundfit.com
Power Monkey Camp	Power Monkey Camp	Workshop/Seminar	1.9	12/31/21 powermonkeycamp.com
Precision Nutrition	Change Behavior: How Do We Change Behavior?	Home Study	1.9	12/31/21 www.precisionnutrition.com
Precision Nutrition	Dietary Strategies: How to Coach a Macros Based Diet	Home Study	1.0	12/31/21 www.precisionnutrition.com
Precision Nutrition	Dietary Strategies: How to Coach a Plant Based Diet	Home Study	0.8	12/31/21 www.precisionnutrition.com
Precision Nutrition	Dietary Strategies: How to Coach an Intermittent Fasting Diet	Home Study	0.8	12/31/21 www.precisionnutrition.com
Precision Nutrition	Nutrition Coaching for Athletes: How to Coach an Athlete	Home Study	1.5	12/31/21 www.precisionnutrition.com
Precision Nutrition	Nutrition Coaching for Athletes: How to Create Personalized Nutrition Programs for Athletes	Home Study	1.2	12/31/21 www.precisionnutrition.com
Precision Nutrition	Nutrition for Metabolic Health: What is Metabolism?	Home Study	1.9	12/31/21 www.precisionnutrition.com
Precision Nutrition	Precision Nutrition Level 1, Certificate in Exercise Nutrition	Home Study	1.9	12/31/21 www.precisionnutrition.com
Precision Nutrition	Precision Nutrition Level 2 Master Class	Home Study	1.9	12/31/21 www.precisionnutrition.com
PRONatal Fitness	A Simple Guide to Program Design	Home Study	0.4	12/31/21 pronatalfitness.com
PRONatal Fitness	How to "Train" Women for Pregnancy	Home Study	0.4	12/31/21 www.pronatalfitness.com
PRONatal Fitness	PRONatal Fitness Pre/Postnatal Performance Training Specialist (Level 1 and 2)	Home Study	1.9	12/31/21 pronatalfitness.com
PRONatal Fitness	PRONatal Fitness/Pre/Postnatal Education for Group Fitness Instructors	Home Study	0.6	12/31/21 www.pronatalfitness.com
ProTeam Tactical Performance	Functional Movement & Performance Workshop for Peer Fitness Trainers	Workshop/Seminar	0.8	12/31/21 www.proteamtactical.com
Punk Rope, Inc.	Jump Rope Instructor Course	Home Study	0.9	12/31/21 www.punkrope.com
R3BAR TRAINING	R3BAR Intermediate Certification	Home Study	0.4	12/31/21 www.r3bartraining.com
Redefining Strength	The Dynamic Workout Design Training Black Book	Home Study	0.9	12/31/21 https://academy.redefiningstrength.com/p/the-dynamic-workout-design-training-black-book
Regymen Fitness	REGYMEN Box Certificate	Workshop/Seminar	1.9	12/31/21 regymenfitness.com
Regymen Fitness	REGYMEN Coach	Workshop/Seminar	1.9	12/31/21 regymenfitness.com
Rock Tape, Inc	FMT Advanced	Workshop/Seminar	0.6	12/31/21 http://www.rocktape.com/education-research/functional-movement-techniques/
Rock Tape, Inc	FMT Basic	Workshop/Seminar	0.6	12/31/21 http://www.rocktape.com/education-research/functional-movement-techniques/
Rock Tape, Inc	FMT Mobility Specialist	Workshop/Seminar	0.6	12/31/21 www.rocktape.com
Rock Tape, Inc	FMT Movement Specialist Part 1- FMT Movement Assessment course	Workshop/Seminar	0.6	12/31/21 www.rocktape.com
Rock Tape, Inc	FMT Movement Specialist Part 2- Advanced Movement Assessment	Workshop/Seminar	0.6	12/31/21 www.rocktape.com
Rock Tape, Inc	FMT Rockfloss Compression Band Flossing	Workshop/Seminar	0.6	12/31/21 www.rocktape.com

Rock Tape, Inc	FMT Rockpods Myofascial Cupping	Workshop/Seminar	0.6	12/31/21	www.rocktape.com
Rock Tape, Inc	Functional Movement Techniques (FMT) Blades	Workshop/Seminar	0.6	12/31/21	www.rocktape.com/education-research/
Rock Tape, Inc	Functional Movement Techniques (FMT) Blades Advanced	Workshop/Seminar	0.6	12/31/21	www.rocktape.com
RumbleRoller	RumbleRoller Foundations Course	Workshop/Seminar	0.4	12/31/21	www.rumbleroller.com
Run-Fit	REVO ₂ LUTION RUNNING	Home Study	1.9	12/31/21	http://run-fit.com
Sales Skills for Fitness Professionals	Virtual Sales Skills for Personal Trainers	Home Study	0.4	12/31/21	www.salesskillsforfitnessprofessionals.com
SCW Fitness Education	SCW Active Aging Certification	Workshop/Seminar	0.7	12/31/21	http://scwfit.com
SCW Fitness Education	SCW Active Aging Nutrition Certification	Workshop/Seminar	0.4	12/31/21	www.scwfit.com
SCW Fitness Education	SCW Aqua Barre Certification	Workshop/Seminar	0.6	12/31/21	www.scwfit.com
SCW Fitness Education	SCW Aquatic Exercise Certification	Workshop/Seminar	0.8	12/31/21	http://scwfit.com
SCW Fitness Education	SCW Ballet Barre Certification	Workshop/Seminar	0.7	12/31/21	http://www.scwfitness.com/newsite.html
SCW Fitness Education	SCW Boxing Certification	Workshop/Seminar	0.7	12/31/21	www.scwfit.com
SCW Fitness Education	SCW Core Training Certification	Home Study	0.4	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Fitness Corrective Exercise Certificate	Workshop/Seminar	0.6	12/31/21	www.scwfit.com
SCW Fitness Education	SCW Fitness Flowing Yoga Certification	Workshop/Seminar	0.7	12/31/21	www.scwfit.com
SCW Fitness Education	SCW Fitness for Nutrition Professionals Certification	Workshop/Seminar	0.7	12/31/21	www.scwfit.com
SCW Fitness Education	SCW Fitness Meditation Certification	Workshop/Seminar	0.4	12/31/21	www.scwfit.com
SCW Fitness Education	SCW Fitness Virtual Training: Lights, Camera, Action!	Workshop/Seminar	0.4	12/31/21	www.scwfit.com/certifications
SCW Fitness Education	SCW Foam Rolling Certification	Home Study	0.6	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Functional Flexibility Certification	Home Study	0.8	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Functional Pilates Certification	Home Study	0.6	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Group Exercise Certification	Workshop/Seminar	0.8	12/31/21	http://scwfit.com
SCW Fitness Education	SCW Group Step Certification	Home Study	0.8	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Group Strength Certification	Home Study	0.4	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW HIIT Certification	Home Study	0.6	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Kettlebell Training Certification	Home Study	0.4	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Kids in Motion Certification	Home Study	0.8	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Mind Body Fusion Certification	Home Study	0.7	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Moms in Motion Certification	Home Study	0.8	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Nutrition, Hormones & Metabolism Certification	Home Study	0.8	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Performance Stability Training Certification	Home Study	0.8	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Pilates Matwork Certification	Workshop/Seminar	0.8	12/31/21	http://scwfit.com
SCW Fitness Education	SCW Pilates Small Apparatus Certification	Home Study	0.8	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Program Design for Fitness Professionals	Workshop/Seminar	0.7	12/31/21	www.scwfit.com/certifications
SCW Fitness Education	SCW Small Group Training Certification	Workshop/Seminar	0.7	12/31/21	www.scwfit.com/certifications
SCW Fitness Education	SCW Sports Nutrition Certification	Home Study	0.7	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Tai Chi Certification	Home Study	0.8	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Weight Management Certification	Home Study	0.7	12/31/21	http://www.scwfit.com
SCW Fitness Education	SCW Yoga I Certification	Workshop/Seminar	0.7	12/31/21	http://scwfit.com
SCW Fitness Education	SCW Yoga II Certification	Home Study	0.4	12/31/21	http://www.scwfit.com
SCW Fitness Education	WATERinMOTION® Certification	Workshop/Seminar	0.7	12/31/21	www.scwfit.com
SharQui - The Bellydance Workout	Online SharQui Instructor Training	Home Study	1.0	12/31/21	www.sharqui.com
SHAY-MCENTEE WELLNESS WORKS INC.	BREATHING TECHNIQUES / STRESS MANAGEMENT	Workshop/Seminar	0.3	12/31/21	
SHAY-MCENTEE WELLNESS WORKS INC.	ENERGY BREAK	Workshop/Seminar	0.3	12/31/21	
SilverSneakers by Tivity Health	Group Exercise for Hip Limitations	Home Study	0.2	12/31/21	
SilverSneakers by Tivity Health	SilverSneakers BOOM MIND	Home Study	0.2	12/31/21	
SilverSneakers by Tivity Health	SilverSneakers BOOM MOVE	Home Study	0.2	12/31/21	
SilverSneakers by Tivity Health	SilverSneakers BOOM MUSCLE	Home Study	0.2	12/31/21	
SilverSneakers by Tivity Health	SilverSneakers Circuit	Home Study	0.2	12/31/21	
SilverSneakers by Tivity Health	SilverSneakers Classic	Home Study	0.2	12/31/21	
SilverSneakers by Tivity Health	SilverSneakers EnerChi	Home Study	0.4	12/31/21	www.silversneakers.com
SilverSneakers by Tivity Health	SilverSneakers Fall Prevention Education Series	Home Study	0.2	12/31/21	www.silversneakers.com
SilverSneakers by Tivity Health	SilverSneakers Foundations	Home Study	0.5	12/31/21	
SilverSneakers by Tivity Health	SilverSneakers Fundamentals of Teaching Group Fitness	Home Study	0.5	12/31/21	www.silversneakers.com
SilverSneakers by Tivity Health	SilverSneakers Nutrition for Optimal Aging	Workshop/Seminar	0.2	12/31/21	www.silversneakers.com
SilverSneakers by Tivity Health	SilverSneakers Splash	Home Study	0.2	12/31/21	
SilverSneakers by Tivity Health	SilverSneakers Stability	Home Study	0.2	12/31/21	
SilverSneakers by Tivity Health	SilverSneakers Strength Progressions for Group Exercise	Home Study	0.2	12/31/21	www.silversneakers.com
SilverSneakers by Tivity Health	SilverSneakers Stress Management Education Series	Home Study	0.4	12/31/21	www.silversneakers.com
SilverSneakers by Tivity Health	SilverSneakers YOGA	Home Study	0.2	12/31/21	
Spark Trainer	KB Squared	Workshop/Seminar	0.5	12/31/21	
Spin City Instructor Training	Spin City Advanced Aerial Hoop Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Advanced Aerial Sling Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Advanced Pole Fitness Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Aerial Silks - Climbs and Descents (online)	Home Study	0.8	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Aerial Silks - Footlocks Module 1 (online)	Home Study	0.8	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Aerial Silks - Footlocks Module 2 (online)	Home Study	0.8	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Aerial Silks - Hiplock Skills (online)	Home Study	0.8	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Aerial Silks - Working in the Hitch (online)	Home Study	0.8	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Anatomy and Physiology Foundations (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Beginners Aerial Hoop Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Beginners Aerial Sling Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Beginners Pole Fitness Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Double Point Hoop Instructor (online)	Home Study	0.8	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Foundation Aerial Silks Instructor (online)	Home Study	1.5	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Grounded Hoop Instructor (online)	Home Study	0.8	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Intermediate Aerial Hoop Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Intermediate Aerial Sling Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Intermediate Pole Fitness Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Pole Fabric Instructor (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com

Spin City Instructor Training	Spin City Spinning Pole Instructor (online)	Home Study	0.8	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Strength And Conditioning For Pole And Aerial (online)	Home Study	1.0	12/31/21	www.spincityinstructortraining.com
Spin City Instructor Training	Spin City Stretching and Flexibility for Pole and Aerial (online)	Home Study	1.9	12/31/21	www.spincityinstructortraining.com
Stealth Institution	SRE	Workshop/Seminar	1.6	12/31/21	
Stealth Institution	THUMP Boxing L1+2	Workshop/Seminar	1.6	12/31/21	
StickMobility	Stick Mobility Level 1	Workshop/Seminar	1.3	12/31/21	https://stickmobility.com/certification/
StickMobility	Stick Mobility Level 1	Home Study	1.3	12/31/21	www.stickmobility.com
StickXfit	StickXfit Foundation Instructor Training	Workshop/Seminar	1.9	12/31/21	https://stickxfit.com
Stretch to Win Institute	Level 1 (FST) Fascial Stretch Therapy	Workshop/Seminar	1.9	12/31/21	www.stretchtowin.com
Strong Education	Adaptive Special Needs Group Instructor	Home Study	1.4	12/31/21	www.certifystrong.com
Strong Education	Adaptive Special Needs Nutrition Coach	Home Study	0.4	12/31/21	www.certifystrong.com
Strong Education	Adaptive Special Needs Trainer Level 1	Home Study	1.4	12/31/21	www.certifystrong.com
Strong Education	Adaptive Special Needs Trainer Level 2	Home Study	1.4	12/31/21	www.certifystrong.com
Sugarfoot Therapy	Sugarfoot Therapy Teacher Training Workshop	Workshop/Seminar	0.6	12/31/21	www.sugarfoottherapy.com
Surge Fit	Surge Fit Instructor Training	Workshop/Seminar	0.8	12/31/21	www.surge-fit.com
SweatBox	SweatBoss Training	Workshop/Seminar	1.6	12/31/21	https://sweatboxdc.com
Team Alloy	Alloy: Personal Training Programming Certification	Workshop/Seminar	0.8	12/31/21	www.teamalloy.com
The Academy Of Sport Speed and Agility	Coaching Explosive Speed Online Course	Workshop/Seminar	0.8	12/31/21	https://www.learningwithranell.com/aboutcoachingpspeed/
The BFR Pros	Blood Flow Restriction: Accelerate Performance & Recovery [Introduction to BFR Virtual Course]	Home Study	0.4	12/31/21	https://www.thebfrpros.com
The Brand X Method	Brand X Professional Youth Coach	Home Study	1.0	12/31/21	https://thebrandxmethod.com
The FIT Institute	Fascial Abrasion Technique - FAT-Tool™ Technique	Workshop/Seminar	0.7	12/31/21	https://www.thefitinstitute.com/training/
The MELT Method (Longevity Fitness, Inc.)	MELT Online Instructor Training Level 1	Home Study	1.9	12/31/21	https://www.meltmethod.com
The Ready State	Movement & Mobility 101	Home Study	1.3	12/31/21	https://thereadystate.com/
TRAINER360	EVOLUTION360 TRAINER L1	Home Study	0.7	12/31/21	https://www.evolution360.fit
Tress Marketing Solutions, LLC	FASTER Way to Fat Loss Certified Coach	Home Study	0.5	12/31/21	https://www.fasterwaytofatloss.com/certification/
TRX	TRX Advanced Group Training Course (AGTC)	Workshop/Seminar	1.8	12/31/21	TRXtraining.com
TRX	TRX Delivering Your Experience	Workshop/Seminar	0.1	12/31/21	https://www.trxtraining.com/trx-academy
TRX	TRX For Yoga	Home Study	0.5	12/31/21	TRXtraining.com
TRX	TRX for Yoga - LIVE Course	Workshop/Seminar	0.7	12/31/21	www.trxtraining.com/trx-education-faqs
TRX	TRX FORCE Operator's Training Course (Level 1)	Workshop/Seminar	0.4	12/31/21	www.trxtraining.com
TRX	TRX FORCE Operator's Training Course (Level 2)	Workshop/Seminar	0.8	12/31/21	www.trxtraining.com
TRX	TRX FORCE Operator's Training Course (Level 3)	Workshop/Seminar	1.6	12/31/21	www.trxtraining.com
TRX	TRX Functional Training Course (FTC)	Workshop/Seminar	0.7	12/31/21	www.trxtraining.com
TRX	TRX Group Rip Training Course (GRTC)	Workshop/Seminar	0.7	12/31/21	www.trxtraining.com
TRX	TRX Group Suspension Training Course (GSTC)	Workshop/Seminar	0.7	12/31/21	www.trxtraining.com
TRX	TRX Group Training Course (GTC)	Workshop/Seminar	0.8	12/31/21	www.trxtraining.com
TRX	TRX Next Level HIIT	Home Study	0.2	12/31/21	https://www.trxtraining.com/trx-academy
TRX	TRX RIP Training Course (RTC)	Workshop/Seminar	0.8	12/31/21	www.trxtraining.com
TRX	TRX Sports Medicine Suspension Training Course Level 2 (SMSTC Lvl 2)	Workshop/Seminar	0.7	12/31/21	www.trxtraining.com
TRX	TRX Suspension Training Course (STC)	Workshop/Seminar	0.7	12/31/21	www.trxtraining.com
TRX	TRX Suspension Training Course: Live Virtual Edition	Workshop/Seminar	0.7	12/31/21	www.trxtraining.com/trx-academy
TRX	TRX Trainer Basics Course	Home Study	0.3	12/31/21	www.trxtraining.com
TRX	TRX Training in 90min	Home Study	0.2	12/31/21	https://www.trxtraining.com/trx-academy
TRX	TRX Training Lenses 2.0	Workshop/Seminar	0.1	12/31/21	https://www.trxtraining.com/trx-academy
TRX	TRX Training Through the Stages	Home Study	0.2	12/31/21	https://www.trxtraining.com/trx-academy
TRX	TRX Training Unplugged: Balancing Technology & Performance	Workshop/Seminar	0.2	12/31/21	https://www.trxtraining.com/trx-academy
TRX	TRX Virtual Training Course	Home Study	0.4	12/31/21	www.trxtraining.com/education
Turn Up With Tanci LLC	Turn Up Dance Fitness	Workshop/Seminar	0.7	12/31/21	www.turnupwithtanci.com
UCanRow2	Indoor Rowing Basics One Day Certificate	Workshop/Seminar	0.8	12/31/21	ucanrow2.com
UCanRow2	UCanRow2/Concept2 Instructor Certificate	Home Study	0.3	12/31/21	ucanrow2.com
University of North Carolina-Chapel Hill	UNC Group Training Workshop	Workshop/Seminar	0.5	12/31/21	www.campusrec.unc.edu
UpBeat Barre	UpBeat Barre Training	Workshop/Seminar	0.7	12/31/21	www.upbeatbarre.com
US Fitness Holdings LLC	Explosive Performance Mentorship	Workshop/Seminar	1.9	12/31/21	
Vertical Joe's	T.W.E.R.K. Technicians	Workshop/Seminar	0.4	12/31/21	
VertiMax	VertiMax Training Course	Workshop/Seminar	0.7	12/31/21	www.vertimax.com
VIDA Fitness	*All Star* Instructor Training	Workshop/Seminar	1.6	12/31/21	https://vidafitness.com
VIDA Fitness	*TKO* Instructor Training	Workshop/Seminar	0.8	12/31/21	https://vidafitness.com
VIDA Fitness	Barre Instructor	Workshop/Seminar	0.8	12/31/21	www.vidafitness.com
VIDA Fitness	Coach-by-Color Cycling Instructor Training	Workshop/Seminar	0.8	12/31/21	vidafitness.com
Working Against Gravity	Working Against Gravity	Home Study	0.9	12/31/21	www.workingagainstgravity.com
XTEND	XTEND 2 Day ERT	Workshop/Seminar	1.4	12/31/21	www.xtendbarre.com
XTEND	XTEND 5 Day ERT	Workshop/Seminar	1.9	12/31/21	www.xtendbarre.com
YouniqueFit	YouniqueFit's Postural Pre- and Post Natal Programs	Home Study	1.0	12/31/21	https://www.younequifit.com/personal-trainer-certification/
ZUMBA FITNESS	Fighting Elements ELearning	Home Study	0.3	12/31/21	www.zumba.com
ZUMBA FITNESS	STRONG Nation ELearning	Home Study	0.4	12/31/21	www.zumba.com
ZUMBA FITNESS	STRONG Nation Instructor Training	Workshop/Seminar	0.8	12/31/21	www.zumba.com
ZUMBA FITNESS	SYNC LAB SESSION - APRIL 2021	Home Study	0.3	12/31/21	www.zumba.com
ZUMBA FITNESS	SYNC LAB SESSION - FEBRUARY 2021	Home Study	0.3	12/31/21	www.zumba.com
ZUMBA FITNESS	SYNC LAB SESSION - JANUARY 2021	Home Study	0.3	12/31/21	www.zumba.com
ZUMBA FITNESS	SYNC LAB SESSION - MARCH 2021	Home Study	0.3	12/31/21	www.zumba.com
ZUMBA FITNESS	TAKE THE LEAD: BUILDING CONFIDENCE + CONNECTIONS	Home Study	0.4	12/31/21	www.zumba.com
ZUMBA FITNESS	ZUMBA INSTRUCTOR LICENSING PROGRAM/BASIC STEPS 1	Home Study	1.0	12/31/21	www.zumba.com