

NASM PREFERRED PROVIDER PROGRAM

Provider	Title	Course Type	CEUs E	cpires On Registration URL
9Round Franchising LLC	9Round Kickboxology	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	1.5	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 www.acetiniess.org/fitness-certifications/specialty-certifications/behavior-change.aspx
American Council on Exercise (ACE)	ACE Fitness Nutrition Specialist	Home Study	1.9	12/31/21 mtp://www.acentness.org/mtness-certifications/specialty-certifications/benavior-change.aspx 12/31/21 www.acefitness.org
			1.9	12/31/21 www.aceitness.org
American Council on Exercise (ACE)	ACE Functional Training Specialist	Home Study		
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
			1.4	12/31/21
Australian Strength Performance	Hypertrophy Level 1	Workshop/Seminar	0.7	12/31/21
Australian Strength Performance	Physique Transformation Level 1	Workshop/Seminar		
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.8weeksout.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	0.5	12/31/21 www.bombayjam.com 12/31/21 www.bombayjam.com
BOMBAY JAM	BOMBAY JAM(R) DAY 2 Q1	Workshop/Seminar	0.4	12/31/21 www.bombayjam.com 12/31/21 www.bombayjam.com
BOMBAY JAM BOMBAY JAM		Workshop/Seminar Workshop/Seminar	0.4	
	BOMBAY JAM(R) DAY 2 Q3			12/31/21 www.bombayjam.com
BOMBAY JAM	BOMBAY JAM(R) DAY 2 Q4	Workshop/Seminar Home Study	0.4	12/31/21 www.bombayjam.com 12/31/21 www.briangrant.org
Brian Grant Foundation	Exercise for Parkinson's (Home Study)			

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) Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Back/Pulling Progressions	Workshop/Seminar	0.1	12/31/21 http://brookbushinstitute.com 12/31/21 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Bridge and Progressions	Home Study Workshop/Seminar	0.2	12/31/21 brentbrookbush.com 12/31/21 brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Cervical Spine	Home Study	0.3	12/31/21 brenchookbash.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 12/31/21 http://www.brookbushinstitute.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC) Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Deep Cervical Flexor Activation Deep Longitudinal Subsystem	Home Study Home Study	0.1	12/31/21 http://www.brookbushinstitute.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) Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Functional Anatomy 1: Introduction Functional Anatomy 2: Muscular Function and Upper Body Muscles	Home Study Home Study	0.3	12/31/21 brentbrookbush.com/online-courses/ 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) 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) Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Intrinsic Stabilization Subsystem Knee Joint	Workshop/Seminar Home Study	0.1	12/31/21 http://brentbrookbush.com 12/31/21 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (BZC Fitness, LLC) Brookbush Institute of Human Movement Science (BZC Fitness, LLC)	Latissimus Dorsi	Home Study	0.3	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 brenchookbushiredity online-codisesy
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) Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Fiber Dysfunction and Trigger Points Muscle Fiber Types	Workshop/Seminar Workshop/Seminar	0.2	12/31/21 brentbrookbush.com 12/31/21 brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Muscle Length Tests	Home Study	0.1	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 brenchokodash.com/online-codises/
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) Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Power (High-velocity) Training: Introduction Power (High-velocity) Training; Lower Body	Home Study Home Study	0.3	12/31/21 www.brentbrookbush.com 12/31/21 www.brentbrookbush.com
Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Power (High-velocity) Training, Lower Body 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) Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Self-administered Joint Mobilizations: Upper Extremity	Home Study	0.2	12/31/21 www.BrookbushInsitute.com 12/31/21 brentbrookbush.com/online-courses/
Brookbush Institute of Human Movement Science (B2C Fitness, LLC) Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Serratus Anterior Serratus Anterior Activation	Home Study Home Study	0.2	12/31/21 brentbrookbush.com/online-courses/ 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
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Section Content Cont					
	Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Shoulder Joint	Home Study	0.3	12/31/21 http://www.brookbushinstitute.com
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Statistics	Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Subscapularis		0.2	12/31/21 brentbrookbush.com/online-courses/
Section Sect	Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Supraspinatus	Home Study	0.2	12/31/21 brentbrookbush.com/online-courses/
Books by March March Manch March Marc	Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tensor Fascia Latae	Home Study	0.2	12/31/21 brentbrookbush.com/online-courses/
Manual or flower shower show	Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Teres Major	Home Study	0.2	12/31/21 brentbrookbush.com/online-courses/
Marie	Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	The Effects of Local Vibration	Workshop/Seminar	0.1	12/31/21 brookbushinstitute.com
Manufact	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/
Manufact Allean Assemble Manufact Allean Assemble Manufact Assem	Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Tibialis Anterior	Home Study	0.2	
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Beam Deg Sign Bir One Interface Training August Security S	Brookbush Institute of Human Movement Science (B2C Fitness, LLC)	Vibration Release Techniques: Upper Body	Workshop/Seminar		
Billing will haushi old Sun Tays I voruge	Brown Dog Yoga	BDY Barre/Fusion Certification	Workshop/Seminar	1.4	12/31/21
Comp Conting		BDY Cycle Instructor Training Program			12/31/21 www.browndogyoga.com
Comp Conting	BUTI Yoga with Elisabeth Gold	Buti Yoga Training	Workshop/Seminar	1.9	12/31/21 https://butiyoga.com/collections/certify
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FITOUR FI	Advanced Indoor Cycling Self Study Advanced Myofascial Self Study Advanced Myofascial Self Study Advanced Suspension Self-Study Advanced Suspension Self-Study Advanced Yoga Self Study Core and Functional Fitness Self Study Group Barbell Self Study Kickboxing Self Study Pilates Reformer Self Study Primary Aqua Self Study Primary Barre Self Study Primary Bort Camp Self Study Primary Boot Camp Self Study Primary Indoor Cycling Self Study Primary Myofascial Release Self Study Primary Myofascial Release Self Study Primary Suspension Self Study Primary Yoga Self Study Primary Yoga Self Study Primary Yoga Self Study Primary Yoga Self Study Fistspesinstructor Training Program FUSION Team Training Coach Course Functional Medicine Coaching Academy Health Coaching Program Fusionetics Body MAP: Motion Capture and Movement Testing Fusionetics Movement Efficiency Level 1	Workshop/Seminar Home Study Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Workshop/Seminar Workshop/Seminar Home Study	0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8	12/31/21 www.fitour.com
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FITOUR FI	Advanced Indoor Cycling Self Study Advanced Myofascial Self Study Advanced Myofascial Self Study Advanced Suspension Self-Study Advanced Suspension Self-Study Core and Functional Fitness Self Study Group Barbell Self Study Kickboxing Self Study Pilates Reformer Self Study Primary Aqua Self Study Primary Aqua Self Study Primary Barre Self Study Primary Bot Camp Self Study Primary Indoor Cycling Self Study Primary Indoor Cycling Self Study Primary Pilates Self Study Primary Suspension Self Study Primary Suspension Self Study Primary Suspension Self Study Stability Ball Self Study Stability Ball Self Study Step Self Study Fitsteps Instructor Training Program FUSION Team Training Coach Course Functional Medicine Coaching Academy Health Coaching Program Fusionetics Body MAP: Motion Capture and Movement Testing Fusionetics Movement Efficiency Level 1 Girk Gone Strong L1 Certification	Workshop/Seminar Home Study Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Workshop/Seminar Workshop/Seminar Workshop/Seminar Home Study	0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8	12/31/21 www.fitour.com
FITOUR FI	Advanced Indoor Cycling Self Study Advanced Myofascial Self Study Advanced Myofascial Self Study Advanced Suspension Self-Study Advanced Suspension Self-Study Advanced Yoga Self Study Core and Functional Fitness Self Study Group Barbell Self Study Kickboxing Self Study Pilates Reformer Self Study Pilates Reformer Self Study Primary Aqua Self Study Primary Barre Self Study Primary Boot Camp Self Study Primary Indoor Cycling Self Study Primary Indoor Cycling Self Study Primary Pilates Self Study Primary Pilates Self Study Primary Suspension Self Study Primary Filates Self Study Fristery Strutchor Training Program FUSION Team Training Coach Course Functional Medicine Coaching Academy Health Coaching Program Fusionetics Body MAP: Motion Capture and Movement Testing Fusionetics Movement Efficiency Level 1 Girls Gone Strong L1 Certification Moms Gone Strong Module 1: Trying to Conceive	Workshop/Seminar Home Study Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Workshop/Seminar Workshop/Seminar Workshop/Seminar Home Study	0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8 0.8	12/31/21 www.fitour.com
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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		12/31/21
			1.6	
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.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.1)	Conference	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.2)	Conference	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.3)	Conference	0.3	12/31/21 www.ideafit.com
IDEA Health & Fitness		Conference	0.4	12/31/21 www.ideafit.com
	2021 IDEA® Personal Training Institute Virtual (0.4)			
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.5)	Conference	0.5	12/31/21 www.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.6)	Conference	0.6	12/31/21 www.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.7)	Conference	0.7	12/31/21 www.ideafit.com
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IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (0.9)	Conference	0.9	12/31/21 www.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.0)	Conference	1.0	12/31/21 www.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.1)	Conference	1.1	12/31/21 www.ideafit.com
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IDEA Health & Fitness		Conference	1.3	12/31/21 www.ideafit.com
	2021 IDEA® Personal Training Institute Virtual (1.3)			
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.4)	Conference	1.4	12/31/21 www.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.5)	Conference	1.5	12/31/21 www.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.6)	Conference	1.6	12/31/21 www.ideafit.com
IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.7)	Conference	1.7	12/31/21 www.ideafit.com
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IDEA Health & Fitness	2021 IDEA® Personal Training Institute Virtual (1.8)	Conference	1.8	12/31/21 www.ideafit.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.ideafit.com
IDEA Health & Fitness	A Different Look at Core Training: The Backside	Home Study	0.2	12/31/21 www.ideafit.com
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IDEA Health & Fitness	Active Resistance Training® Total Body Mat Practice	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Advanced and Progressive Mechanics of Lifting and Strength Training	Home Study	0.1	12/31/21
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IDEA Health & Fitness	Anatomy: Reconnect With Your Spine Muscles, by NFPT	Home Study	0.2	12/31/21 www.ideafit.com
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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.ideafit.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.ideafit.com
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IDEA Health & Fitness	April 2019 IDEA Fitness Journal Quiz 4: The Effects of Sleep Deprivation	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	April 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News			12/31/21 www.ideafit.com
	<u> </u>	Home Study	0.1	
IDEA Health & Fitness	Assessment and Corrective Exercise Strategies for Improved Shoulder Function	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Assessment, Corrective Exercise and Functional Training in the Virtual and Physical Training	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	August 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	· · ·		0.1	12/31/21 www.ideafit.com
	Back to Basics With Anatomy	Home Study		
IDEA Health & Fitness	Balanced Body™: Pilates Smart Core Challenge	Home Study	0.2	12/31/21 www.ideafit.com
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IDEA Health & Fitness	Battle Rope Mastery	Home Study	0.1	12/31/21
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IDEA Health & Fitness	Biohack Your Body–Anti-Aging Secrets to Ensure Movement Longevity	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	BLAME: Client Excuses for Not Exercising and Solutions to Retrain Their Behaviors	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Blast Your Abs, Glutes and Core – A Big HIIT With Your Clients	Home Study	0.2	12/31/21 www.ideafit.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.ideafit.com
				12/31/21 www.ideafit.com
IDEA Health & Fitness	Can Technology Be Harnessed to Inspire Lasting Behavior Change?	Home Study	0.1	
IDEA Health & Fitness	Carb IQ: Comparing Keto, Paleo and Low Carb	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Cardio-Strength Circuits for Fun and Function!	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Caving to the Craving: The New Science of Food Addiction and RecoveryWith a Twist	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Communicating With Your Female Clients for Breakthrough Results		0.2	12/31/21 www.ideafit.com
		Home Study		
IDEA Health & Fitness	Complete Program Design for the Obese/Overweight Client	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Core Connections: Progression Strategies to Enhance Core Function	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	CORE Yoga for Healthy Backs	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Correct the Psoas Gluteus Imbalance	Home Study	0.2	12/31/21 www.ideafit.com
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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.ideafit.com
IDEA Health & Fitness	Cue Movement and Exercise With Abdominal Anatomy, by NFPT	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Cue Movement and Exercise With Hip Anatomy, by NFPT	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	December 2020 IDEA Fitness Journal SPRINT Quiz:: Health and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Designing a Self-Myofascial Release Program	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Designing and Delivering Effective Online Personal Training Sessions	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Diversity Strengthens Leadership	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Dynamic Nutrition Science: Parsing Today's Most Relevant Research for Real Life		0.1	12/31/21 www.ideafit.com
		Home Study		
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.ideafit.com
				12/31/21 www.ideafit.com
IDEA Health & Fitness	Essential Guide to a Pain-Free Low Back	Home Study	0.6	
IDEA Health & Fitness	Exercise Science Update: New Research and Ideas	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Extreme Equipment-LESS Boot Camp	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Fascia Release for Yoga	Home Study	1.0	12/31/21 www.ideafit.com
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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 KneesMore Than Just Core!	· · · · · · · · · · · · · · · · · · ·	0.2	12/31/21 www.ideafit.com
		Home Study		
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
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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
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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		0.2	12/31/21 www.idealit.com
		Home Study		
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
IDEA Health & Fitness		· · · · · · · · · · · · · · · · · · ·	0.2	12/31/21
	Insights Into Lower-Back Pain and Functional Solutions	Home Study		
IDEA Health & Fitness	Intermittent Fasting: Science or Fiction?	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Is It Time to Eat Yet? Nobel Prize-Winning Body Clock Science Has the Answer	Home Study	0.1	12/31/21
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
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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
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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			0.1	12/31/21 www.ideafit.com
	July-August 2019 IDEA Fitness Journal Quiz 3: The Facts on Popular Nutrition Topics	Home Study		
	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				
IDEA Health & Fitness 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
			0.1 0.1	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com
IDEA Health & Fitness 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 IDEA Health & Fitness IDEA Health & Fitness	June 2019 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Dietary Changes for Lung Health June 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News	Home Study Home Study	0.1 0.1	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com
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IDEA Health & Fitness	June 2019 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Dietary Changes for Lung Health June 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News Lead and Empower a Loyal Team Leading Through Adversity and Dealing With Conflict Let's Get Dynamic! Loaded Mobility Training	Home Study Home Study Home Study Home Study Home Study Home Study	0.1 0.2 0.2 0.2 0.2 0.1	12/31/21 www.ideafit.com
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IDEA Health & Fitness	June 2019 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Dietary Changes for Lung Health June 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News Lead and Empower a Loyal Team Lead ing Through Adversity and Dealing With Conflict Let's Get Dynamic! Loaded Mobility Training Lower-Extremity Mechanics and Techniques Make Your Barre Classes a HilT March 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: Caching Clients to Embrace New Food Experiences March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Multifaceted Benefits of Exercise, and Simple Lifestyle	Home Study	0.1 0.1 0.2 0.2 0.2 0.1 0.2 0.2 0.1 0.1 0.1 0.1 0.1 0.1 0.1 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 June 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News Lead and Empower a Loyal Team Leading Through Adversity and Dealing With Conflict Let's Get Dynamic! Loaded Mobility Training Lower-Extremity Mechanics and Techniques Make Your Barre Classes a HIIT March 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2020 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Weight-Training Protocols March 2020 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and Helping Clients Recover Mastering Fat Metabolism and Weight Management May 2019 IDEA Fitness Journal Quiz 1: The Multifaceted Benefits of Exercise, and Simple Lifestyle May 2019 IDEA Fitness Journal Quiz 1: Tood and Nutrition News, and the Game-Changing Work of a	Home Study	0.1 0.1 0.2 0.2 0.2 0.1 0.2 0.2 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	12/31/21 www.ideafit.com 12/31/21 12/31/21 www.ideafit.com
IDEA Health & Fitness	June 2019 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Futnition News, and Dietary Changes for Lung Health June 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News Lead and Empower a Loyal Team Lead night Deapwer a Loyal Team Leading Through Adversity and Dealing With Conflict Let's Get Dynamicl Loded Mobility Training Lower-Extremity Mechanics and Techniques Make Your Barre Classes a HIIT March 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Helping Clients Recover Mastering Fat Metabolism and Weight Management May 2019 IDEA Fitness Journal Quiz 2: The Multifaceted Benefits of Exercise, and Simple Lifestyle May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Pushing Past the Limits of a Barbell with Variable Lifting	Home Study	0.1 0.1 0.2 0.2 0.2 0.1 0.2 0.1 0.1 0.1 0.1 0.1 0.1 0.1 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 June 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News Lead and Empower a Loyal Team Lead in Genome 1 Loyal Team Leading Through Adversity and Dealing With Conflict Let's Get Dynamic! Loaded Mobility Training Lower-Extremity Mechanics and Techniques Make Your Barre Classes at HilT March 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: Tood and Nutrition News, and Helping Clients Recover Mastering Fat Metabolism and Weight Management May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Flow Weightlifting Changes Metabolism	Home Study	0.1 0.1 0.2 0.2 0.2 0.1 0.2 0.2 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	June 2019 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Futnition News, and Dietary Changes for Lung Health June 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News Lead and Empower a Loyal Team Lead night Deapwer a Loyal Team Leading Through Adversity and Dealing With Conflict Let's Get Dynamicl Loded Mobility Training Lower-Extremity Mechanics and Techniques Make Your Barre Classes a HIIT March 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Helping Clients Recover Mastering Fat Metabolism and Weight Management May 2019 IDEA Fitness Journal Quiz 2: The Multifaceted Benefits of Exercise, and Simple Lifestyle May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Pushing Past the Limits of a Barbell with Variable Lifting	Home Study	0.1 0.1 0.2 0.2 0.2 0.1 0.2 0.1 0.1 0.1 0.1 0.1 0.1 0.1 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 June 2020 IDEA Fitness Journal Sprint Quiz: Health and Nutrition News Lead and Empower a Loyal Team Lead ing Through Adversity and Dealing With Conflict Let's Get Dynamic! Loaded Mobility Training Lower-Extremity Mechanics and Techniques Make Your Barre Classes a HIIT March 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Multifacted Benefits of Exercise, and Simple Lifestyle May 2019 IDEA Fitness Journal Quiz 2: Podd and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Podd and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Podd and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Pushing Past the Limits of a Barbell with Variable Lifting May 2019 IDEA Fitness Journal Quiz 2: How Weightlifting Changes Metabolism May 2020 IDEA Fitness Journal Quiz 2: How Weightlifting Changes Metabolism	Home Study	0.1 0.1 0.2 0.2 0.2 0.1 0.1 0.1 0.1 0.1 0.1 0.1 0.1	12/31/21 www.ideafit.com 12/31/21 12/31/21 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 June 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News Lead and Empower a Loyal Team Lead in Genome 1 Loyal Team Leading Through Adversity and Dealing With Conflict Let's Get Dynamic! Loaded Mobility Training Lower-Extremity Mechanics and Techniques Make Your Barre Classes at HilT March 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: Training Tips for Sports Enthusiasts, and Preparing Older Ad March 2019 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: The Link Between Sleep and Gut Health March 2020 IDEA Fitness Journal Quiz 2: Tood and Nutrition News, and Helping Clients Recover Mastering Fat Metabolism and Weight Management May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a May 2019 IDEA Fitness Journal Quiz 2: Flow Weightlifting Changes Metabolism	Home Study	0.1 0.1 0.2 0.2 0.2 0.1 0.2 0.2 0.1 0.1 0.1 0.1 0.1 0.1 0.1 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.ideafit.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.ideafit.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.ideafit.com
IDEA Health & Fitness	No Sweat: Selling Exercise So People Want to Keep Buying It	Home Study	0.2	12/31/21 www.ideafit.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.ideafit.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.ideafit.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.ideafit.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.ideafit.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.ideafit.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.ideafit.com
IDEA Health & Fitness	Obstacle Courses for Boot Camps and Beyond	Home Study	0.1	12/31/21 www.ideafit.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.ideafit.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 ideafit.com
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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.ideafit.com
IDEA Health & Fitness	October 2020 IDEA Fitness Journal SPRINT Quiz: Health and Nutrition News	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Optimize Function and Mobility With Strong and Stable Shoulders and Glutes	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Pain-Free Movement-The Science and Application (ACE Mover Academy)	Home Study	0.2	12/31/21
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IDEA Health & Fitness	Pilates on a Ball	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Posture Improvement Workshop	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Power Core for Sports and Fitness Performance	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Power Medicine Ball Drills for Groups	Home Study	0.2	12/31/21 www.ideafit.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.ideafit.com
IDEA Health & Fitness	PRODUCE More Revenue	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Progressing Clients From Function to Performance	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Progressive Programming for Active Aging	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Protein Master Class: Health, Performance and Weight Loss	Home Study	0.2	12/31/21 www.ideafit.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.ideafit.com
IDEA Health & Fitness	Reversing the Invisible Epidemic: Coaching People Who Have Prediabetes	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Rock Your Online Courses and Classes	Home Study	0.2	12/31/21 www.ideafit.com
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.ideafit.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.ideafit.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.ideafit.com
IDEA Health & Fitness	September 2019 IDEA Fitness Journal Quiz 3: Pilates for Core Conditioning and Coping with Chronic		0.1	12/31/21 www.ideafit.com
		Home Study		7-7
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.ideafit.com
IDEA Health & Fitness	September 2020 IDEA Fitness Journal Quiz 2: Enhancing Mitochondria with Resistance Training	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	September 2020 IDEA Fitness Journal Quiz 3: Programming for Clients After Quarantine	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	September 2020 IDEA Fitness Journal Quiz 3: Programming for Clients After Quarantine SGT Ken's Root Camp™ Instructor Cartification (Level One)	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One)	Home Study	0.8	12/31/21 www.ideafit.com
IDEA Health & Fitness IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction	Home Study Home Study	0.8 0.2	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One)	Home Study	0.8	12/31/21 www.ideafit.com
IDEA Health & Fitness IDEA Health & Fitness IDEA Health & Fitness	SGT Ken's Boot Camp [™] Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change	Home Study Home Study Home Study	0.8 0.2 0.1	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com
IDEA Health & Fitness IDEA Health & Fitness IDEA Health & Fitness IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals	Home Study Home Study Home Study Home Study	0.8 0.2 0.1 0.1	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients	Home Study Home Study Home Study Home Study Home Study	0.8 0.2 0.1 0.1 0.2	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp [™] Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training	Home Study	0.8 0.2 0.1 0.1 0.2 1.4	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 12/31/21 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients	Home Study Home Study Home Study Home Study Home Study	0.8 0.2 0.1 0.1 0.2	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp [™] Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 1/21/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp [™] Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascia Release Strength Training for Optimal Results	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training SparkPro Belf-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp [™] Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training SparkPro Belf-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com 12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise — Beyond the Numbers	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pilis: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparRPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2 0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 10 Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises The Female Glute Relocation Program	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pilis: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparRPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises The Female Glute Relocation Program The Female Lumbo-Pelvic Complex (ACE Mover Academy)	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise — Beyond the Numbers The Current and Future State of Health Coaching The Dearth of Crunches: 20 True Core Exercises The Female Glute Relocation Program The Female Lumbo-Pelvic Complex (ACE Mover Academy) The Female Physique-The Link Between Nutrition, Hormones and Strength Training	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1	12/31/21 www.ideafit.com
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IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 2D True Core Exercises The Female Glute Relocation Program The Female Limbo-Pelvic Complex (ACE Mover Academy) The Female Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hij Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Matrix - Innovative Group Strength Design The Mobile Health Map: Inspiring Your Clients and Your Business The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits The Nutrition and Mental Health Connection The Nuts and Boits of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid The Online Fitness Frontier The Physiology of Fat Loss: New Exciting Findings	Home Study	0.8 0.2 0.1 0.1 0.1 0.2 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises The Female Glute Relocation Program The Female Intumbo-Pelvic Complex (ACE Mover Academy) The Female Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Matrix - Innovative Group Strength Design The Mobile Health Map: Inspiring Your Clients and Your Business The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Nuts and Bolts of Diabetes Programs and Choose the Best Exercises for Every Client The Nuts and Bolts of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid The Online Business Roadmap: How to Build a Million-Dollar Online Business The Online Fitness Pro: Sich the Diet for Long-Term Success	Home Study	0.8 0.2 0.1 0.1 0.2 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparRPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises The Female Gibt Relocation Program The Female Gibt Relocation Program The Female Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Matrix - Innovative Group Strength Design The Mobile Health May: Inspiring Your Clients and Your Business The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neutrision and Mental Health Connection The Nuts and Bolts of Diabetes Prevention Program Coaching: From Getting Paid The Online Business Roadmap: How to Build a Million-Dollar Online Business The Online Fitness Frontier The Physiology of Fall Loss: New Exciting Findings The Psychology of Weight Loss: Ditch the Diet for Long-Term Success The Roll Middle* Fascial Makeover: Prioritize Your Periphery	Home Study	0.8 0.2 0.1 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise − Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 2D True Core Exercises The Female Glute Relocation Program The Female Limbo-Pelvic Complex (ACE Mover Academy) The Female Byvisque-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hij Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pror: Top Tech Strategies for Business Success The Matrix - Innovative Group Strength Design The Mobile Health Map: Inspiring Your Clients and Your Business The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits The Nutrition and Mental Health Connection The Nuts and Boits of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid The Online Business Roadmap: How to Build a Million-Dollar Online Business The Physiology of Weight Loss: Dirk the Diet for Long-Term Success The Roll Model® Fascial Makeover: Prioritize Your Periphery The Science of Functional Aging	Home Study	0.8 0.2 0.1 0.1 0.1 0.2 0.1 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparRPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises The Female Gibt Relocation Program The Female Gibt Relocation Program The Female Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Matrix - Innovative Group Strength Design The Mobile Health May: Inspiring Your Clients and Your Business The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neutrision and Mental Health Connection The Nuts and Bolts of Diabetes Prevention Program Coaching: From Getting Paid The Online Business Roadmap: How to Build a Million-Dollar Online Business The Online Fitness Frontier The Physiology of Fal Loss: New Exciting Findings The Psychology of Weight Loss: Ditch the Diet for Long-Term Success The Mol Model* Fascial Makeover: Prioritize Your Periphery	Home Study	0.8 0.2 0.1 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pilis: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Silesp Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise - Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises The Female Gitte Relocation Program The Female Lumbo-Pelvic Complex (ACE Mover Academy) The Female Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotte Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Motte Health Map: Inspiring Your Clients and Your Business The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits The Nutrition and Mental Health Connection The Nuts and Bolts of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid The Online Business Roadmap: How to Build a Million-Dollar Online Business The Nell Model* Fascial Makeover: Prioritize Your Periphery The Science of Functional Aging The Science of Stretch	Home Study	0.8 0.2 0.1 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sleep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparRPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Gurrent and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises The Female Glute Relocation Program The Female Lumbo-Pelvic Complex (ACE Mover Academy) The Female Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Matrix - Innovative Group Strength Design The Mobile Health Map: Inspiring Your Clients and Your Business The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neutrision and Mental Health Connection The Nuts and Bolts of Diabetes Prevention Program Coaching: From Getting Paid The Online Business Roadmap: How to Build a Million-Dollar Online Business The Poline Fitness Frontier The Physiology of Fat Loss: New Exciting Findings The Poline Business Roadmap: How to Build a Million-Dollar Online Business The Boll Model® Fascial Makeover: Prioritize Your Periphery The Science of Functional Aging The Science of Functional Aging	Home Study	0.8 0.2 0.1 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sileep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 2D True Core Exercises The Fermale Glute Relocation Program The Fermale Glute Relocation Program The Fermale Humbo-Pelvic Complex (ACE Mover Academy) The Fermale Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hij Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Matrix - Innovative Group Strength Design The Mobile Health Map: Inspiring Your Clients and Your Business The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits The Nutrition and Mental Health Connection The Nuts and Boits of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid The Online Business Roadmap: How to Build a Million-Dollar Online Business The Physiology of Weight Loss: Dirk the Diet for Long-Term Success The Physiology of Fat Loss: New Exciting Findings The Psychology of Weight Loss: Dirk the Diet for Long-Term Success The Most Effective Of Stretch The Science of Stretch The Witmack Light Dumbbell Workout The Warm-Up Makeover: Start With a Bang!	Home Study	0.8 0.2 0.1 0.1 0.1 0.2 0.1 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pilis: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Silesp Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises The Female Gitte Relocation Program The Female Lumbo-Pelvic Complex (ACE Mover Academy) The Female Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits The Nutrition and Mental Health Connection The Nuts and Boits of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid The Online Fitness Frontier The Physiology of Fat Loss: New Exciting Findings The Physiology of Self Loss: New Exciting Findings The Physiology of Self Loss: New Exciting Findings The Physiology of Self Loss: New Exciting Findings The Science of Stretch The Ultimate Light Dumbbell Workout The Science of Stretch The Ultimate Light Dumbbell Workout The Warm-Up Makeover: Start With a Bang! ThinkFit** Fiesbility: Dynamic Stretching Tricks and Tools	Home Study	0.8 0.2 0.1 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Sileep Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 2D True Core Exercises The Fermale Glute Relocation Program The Fermale Glute Relocation Program The Fermale Humbo-Pelvic Complex (ACE Mover Academy) The Fermale Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hij Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Matrix - Innovative Group Strength Design The Mobile Health Map: Inspiring Your Clients and Your Business The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits The Nutrition and Mental Health Connection The Nuts and Boits of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid The Online Business Roadmap: How to Build a Million-Dollar Online Business The Physiology of Weight Loss: Dirk the Diet for Long-Term Success The Physiology of Fat Loss: New Exciting Findings The Psychology of Weight Loss: Dirk the Diet for Long-Term Success The Most Effective Of Stretch The Science of Stretch The Witmack Light Dumbbell Workout The Warm-Up Makeover: Start With a Bang!	Home Study	0.8 0.2 0.1 0.1 0.1 0.2 0.1 1.4 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	SGT Ken's Boot Camp™ Instructor Certification (Level One) Shoulder Function, Assessment and Reaction Skills Not Pilis: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change Silesp Science for Fitness Professionals Solutions for Training Post-pregnancy Clients SparkPro Diabetes Prevention Program Lifestyle Coach Training Spine-Focused Self-Myofascial Release Strength Training for Optimal Results Techniques to Rehabilitate and Protect the Knees The 3D Fascial Core The Business of Group Exercise – Beyond the Numbers The Current and Future State of Health Coaching The Death of Crunches: 20 True Core Exercises The Female Gitte Relocation Program The Female Lumbo-Pelvic Complex (ACE Mover Academy) The Female Physique-The Link Between Nutrition, Hormones and Strength Training The Forgotten Five: Essential Muscles for Functional Movement The Future of Group Fitness: Strategies for the Successful Instructor The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain The HOPE Solution: How Our Purpose Empowers The Innovative Fitness Pro: Top Tech Strategies for Business Success The Most Effective Way to Customize Programs and Choose the Best Exercises for Every Client The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits The Nutrition and Mental Health Connection The Nuts and Boits of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid The Online Fitness Frontier The Physiology of Fat Loss: New Exciting Findings The Physiology of Self Loss: New Exciting Findings The Physiology of Self Loss: New Exciting Findings The Physiology of Self Loss: New Exciting Findings The Science of Stretch The Ultimate Light Dumbbell Workout The Science of Stretch The Ultimate Light Dumbbell Workout The Warm-Up Makeover: Start With a Bang! ThinkFit** Fiesbility: Dynamic Stretching Tricks and Tools	Home Study	0.8 0.2 0.1 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.1 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.ideafit.com

IDEA Health & Fitness	Today's Food Conversation	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Train Stations	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Training Fascia - Research Developments in Fibrous Connective Tissue Training	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Training Two at Once: The Power of Collaborative, Competitive Partner Training	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Translating Today's Nutrition Science for Your Clients	Home Study	0.1	12/31/21
IDEA Health & Fitness IDEA Health & Fitness	TriggerPoint™ Corrective Strategies for Hip Dysfunction	Home Study	0.2	12/31/21 12/31/21
IDEA Health & Fitness	TriggerPoint™ Corrective Strategies for the Foot and Ankle	Home Study	0.2	
IDEA Health & Fitness	TriggerPoint™ for Movement: Hip and Shoulder Mobility TriggerPoint™: Myofascial Compression™ Techniques for Injury Prevention and Better Movement	Home Study Home Study	0.2	12/31/21 www.ideafit.com 12/31/21 www.ideafit.com
IDEA Health & Fitness	Understanding the Female Pelvic Core Neuromuscular System	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Upper Extremity Mechanics and Techniques	Home Study	0.2	12/31/21 www.ideanic.com 12/31/21
IDEA Health & Fitness	Using Function to Avoid Dysfunction in Aging	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Using Technology to Improve Client Health and Fitness	Home Study	0.2	12/31/21 www.ideafit.com
IDEA Health & Fitness	Weighing The Evidence Behind Nutrition Research	Home Study	0.1	12/31/21 www.ideafit.com
IDEA Health & Fitness	Whole-Food, Plant-Based Fuel for Fitness	Home Study	0.2	12/31/21 www.ideafit.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.ideafit.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.ideafit.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-5NS	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 TM	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		Workshop/Seminar	0.4	12/31/21
LA Fitness	Hip Hop			12/31/21
LA Fitness	Indoor Cycling Indoor Cycling for PT Intro to Group Fitness	Workshop/Seminar Workshop/Seminar	0.5	12/31/21
LA Fitness	Kickbox Cardio	Workshop/Seminar	0.4	12/31/21
LA Fitness	Kickbox Cardio Choreography	Workshop/Seminar	0.4	12/31/21
LA Fitness	Latin Heat	Workshop/Seminar	0.4	12/31/21
LA Fitness				
LA Fitness	Mat Pilates Power Circuit	Workshop/Seminar Workshop/Seminar	0.5	12/31/21 12/31/21
LA Fitness	Reformer Pilates for Fitness	Workshop/Seminar	1.2	12/31/21
LA Fitness	Step Tech 1	Workshop/Seminar Workshop/Seminar	0.3	12/31/21
LA Fitness	·	· · · · · · · · · · · · · · · · · · ·	0.3	12/31/21
LA Fitness	Step Tech Characaraphy	Workshop/Seminar	0.3	12/31/21
	Step Tech Choreography	Workshop/Seminar Workshop/Seminar		
LA Fitness	Yoga Basics		0.8	12/31/21
LA Fitness	Yogabeat™	Workshop/Seminar	0.6	12/31/21
Les Mills	Advanced Training - Live	Workshop/Seminar Workshop/Seminar	1.8	12/31/21 www.lesmills.com/us
Les Mills	BODYATTACK Initial Module BODYCOMBAT Initial Module		1.6	12/31/21 www.lesmills.com/us
Les Mills		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 Louis Kong Mad Dogg Athletics Make A Difference Academy Make A Difference Academy Make A Difference Academy Make A Difference Academy	Increase Profitability for Personal Trainers through Professionalism and Leadership Personal Training Essentials Rockstar Spinning* Instructor Rockstar Spinning* Instructor Online Spinning Instructor Online Training Spinning Instructor Training	Workshop/Seminar Workshop/Seminar Workshop/Seminar Home Study Workshop/Seminar	0.8 0.8 0.8 0.7	12/31/21 12/31/21 12/31/21 https://spinning.com/instructors/instructor-certifications/spin-power-training/ 12/31/21 https://spinning.com/instructors/instructor-certifications/spin-power-training/ 12/31/21 www.maddoge.com
Mad Dogg Athletics Mad Dofference Academy Make A Difference Academy	Rockstar Spinning [®] Instructor Rockstar Spinning [®] Instructor Online Spinning Instructor Online Training	Workshop/Seminar Home Study Workshop/Seminar	0.8 0.7	12/31/21 https://spinning.com/instructors/instructor-certifications/spin-power-training/ 12/31/21 https://spinning.com/instructors/instructor-certifications/spin-power-training/
Mad Dogg Athletics Mad Dofference Academy Make A Difference Academy	Rockstar Spinning* Instructor Online Spinning Instructor Online Training	Home Study Workshop/Seminar	0.7	12/31/21 https://spinning.com/instructors/instructor-certifications/spin-power-training/
Mad Dogg Athletics Make A Difference Academy Make A Difference Academy	Spinning Instructor Online Training	Workshop/Seminar		
Mad Dogg Athletics Mad Dogg Athletics Mad Dogg Athletics Make A Difference Academy Make A Difference Academy				
Mad Dogg Athletics Mad Dogg Athletics Make A Difference Academy Make A Difference Academy		Workshop/Seminar	0.8	12/31/21 http://www.spinning.com/spinning-instructors/become-an-instructor.asp
Make A Difference Academy Make A Difference Academy	SPINPower® Instructor Online	Home Study	0.8	12/31/21 https://spinning.com/instructors/instructor-certifications/spin-power-training/
Make A Difference Academy	SPINPower® Instructor Training	Workshop/Seminar	0.8	12/31/21 www.spinning.com
	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
	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, Cherography 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 12/31/21 https://gfxcertificationonline.thinkific.com/bundles/level-1-coach-certification-bundle
Orange Whip Golf & Fitness, Golf Fitness X	Golf Fitness X Level 1 Coach Online	Home Study	1.2	
Pelacore	Pelacore Training Course Online Trainer Academy	Workshop/Seminar Home Study	0.3 1.9	12/31/21 www.pelacore.com 12/31/21 http://onlinetraineracademy.theptdc.com
Personal Trainer Development Center	·			- · · · · · · · · · · · · · · · · · · ·
PlyoJam PlyoJam	Plyometric Infused Dance: PlyoJam Instructor Training (Live Workshop) Plyometric-Infused Dance: Intro to PlyoJam (online)	Workshop/Seminar Home Study	0.8	12/31/21 www.plyojam.com 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	1.9	12/31/21 https://pop-s-scnool.tninkiic.com/courses/popuppro 12/31/21 poundfit.com
Power Monkey Camp	Power Monkey Camp	Workshop/Seminar	1.9	12/31/21 pourant.com 12/31/21 powermonkeycamp.com
Precision Nutrition	Change Behavior: How Do We Change Behavior?	Home Study	1.9	12/31/21 powermonkeycamp.com 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 12/31/21 www.precisionnutrition.com
Precision Nutrition	Dietary Strategies: How to Coach a Macros Based Diet Dietary Strategies: How to Coach a Plant Based Diet	Home Study	0.8	12/31/21 www.precisionnutrition.com 12/31/21 www.precisionnutrition.com
Precision Nutrition	Dietary Strategies: How to Coach a Plant Based Diet Dietary Strategies: How to Coach an Intermittent Fasting Diet	Home Study	0.8	12/31/21 www.precisionnutrition.com 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 Coach an Athlete 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 Coaching for Athletes: How to Create Personalized Nutrition Programs for Athletes Nutrition for Metabolic Health: What is Metabolism?	Home Study	1.9	12/31/21 www.precisionnutrition.com 12/31/21 www.precisionnutrition.com
Precision Nutrition Precision Nutrition	Precision Nutrition Level 1, Certificate in Exercise Nutrition	Home Study Home Study	1.9	12/31/21 www.precisionnutrition.com 12/31/21 www.precisionnutrition.com
Precision Nutrition Precision Nutrition	Precision Nutrition Level 1, Certificate in Exercise Nutrition Precision Nutrition Level 2 Master Class	Home Study Home Study	1.9	12/31/21 www.precisionnutrition.com 12/31/21 www.precisionnutrition.com
PROnatal Fitness	A Simple Guide to Program Design	Home Study	0.4	12/31/21 www.precisionnutrition.com 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 www.pronatamtness.com 12/31/21 pronatalfitness.com
PROnatal Fitness	PROnatal Fitness Pre/Postnatal Ferrormance Training Specialist (Level 1 and 2) PROnatal Fitness/Pre/Postnatal Education for Group Fitness Instructors	Home Study	0.6	12/31/21 pronatalititiess.com 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	0.8	12/31/21 www.proteamactical.com 12/31/21 www.punkrope.com
R3BAR TRAINING	R3BAR Intermediate Certification	Home Study	0.9	12/31/21 www.rpunkrope.com 12/31/21 www.r3bartraining.com
Redefining Strength	The Dynamic Workout Design Training Black Book	Home Study	0.4	12/31/21 www.rsuartraining.com 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 https://academy.redefiningstrength.com/p/the-dynamic-workout-design-training-black-book 12/31/21 regymenfitness.com
	REGYMEN Box Certificate REGYMEN Coach	Workshop/Seminar Workshop/Seminar	1.9	12/31/21 regymenfitness.com 12/31/21 regymenfitness.com
Regymen Fitness	FMT Advanced		0.6	
Pock Tano, Inc.		Workshop/Seminar		12/31/21 http://www.rocktape.com/education-research/functional-movement-techniques/ 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			0.0	13/21/21 yangu rocktana com
Rock Tape, Inc Rock Tape, Inc	FMT Mobility Specialist	Workshop/Seminar	0.6	12/31/21 www.rocktape.com
Rock Tape, Inc			0.6 0.6 0.6	12/31/21 www.rocktape.com 12/31/21 www.rocktape.com 12/31/21 www.rocktape.com

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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		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	REVO₂LUTION 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.scwitc.com
SCW Fitness Education	SCW Group Exercise Certification	Workshop/Seminar	0.8	12/31/21 http://www.scwnic.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		0.4	12/31/21 http://www.scwfit.com
		Home Study Workshop/Seminar		
SCW Fitness Education	WATERinMOTION® Certification	Workshop/Seminar	0.7	12/31/21 www.scwfit.com
SCW Fitness Education SharQui - The Bellydance Workout	WATERinMOTION® Certification Online SharQui Instructor Training	Workshop/Seminar Home Study	0.7 1.0	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com
SCW Fitness Education SharQui - The Bellydance Workout SHAY-MCENTEE WELLNESS WORKS INC.	WATERInMOTION® Certification Online SharQui Instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT	Workshop/Seminar Home Study Workshop/Seminar	0.7 1.0 0.3	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com 12/31/21
SCW Fitness Education SharQui - The Bellydance Workout SHAY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC.	WATERInMOTION* Certification Online SharQui instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT ENERGY BREAK	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar	0.7 1.0 0.3 0.3	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com 12/31/21 12/31/21
SCW Fitness Education SharQui - The Bellydance Workout SHAY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC. SilverSneakers by Tivity Health	WATERInMOTION* Certification Online SharQui instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT ENERGY BREAK Group Exercise for Hip Limitations	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Home Study	0.7 1.0 0.3 0.3 0.2	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com 12/31/21 12/31/21 12/31/21
SCW Fitness Education SharQui - The Bellydance Workout SHAY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC. SilverSneakers by Tivity Health SilverSneakers by Tivity Health	WATERIMOTION® Certification Online SharQui instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT ENERGY BREAK Group Exercise for Hip Limitations SilverSneakers BOOM MIND	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Home Study Home Study	0.7 1.0 0.3 0.3 0.2	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com 12/31/21 12/31/21 12/31/21
SCW Fitness Education SharQui - The Bellydance Workout SHAY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC. SilverSneakers by Tivity Health SilverSneakers by Tivity Health	WATERINMOTION* Certification Online SharQui instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT ENERGY BREAK Group Exercise for Hip Limitations SilverSneakers BOOM MIND SilverSneakers BOOM MOVE	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Home Study Home Study Home Study	0.7 1.0 0.3 0.3 0.2 0.2	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21
SCW Fitness Education SharQui - The Bellydance Workout SHAY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC. SilverSneakers by Tivity Health SilverSneakers by Tivity Health SilverSneakers by Tivity Health	WATERInMOTION* Certification Online SharQui Instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT ENERGY BREAK Group Exercise for Hip Limitations SilverSneakers BOOM MIND SilverSneakers BOOM MOVE SilverSneakers BOOM MUSCLE	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Home Study Home Study Home Study	0.7 1.0 0.3 0.3 0.2 0.2 0.2 0.2	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21
SCW Fitness Education SharQui - The Bellydance Workout ShaY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC. SilverSneakers by Tivity Health	WATERINMOTION® Certification Online SharQui instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT ENERGY BREAK Group Exercise for Hip Limitations SilverSneakers BOOM MIND SilverSneakers BOOM MOVE SilverSneakers BOOM MUSCLE SilverSneakers GOOM MUSCLE	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Home Study Home Study Home Study Home Study	0.7 1.0 0.3 0.3 0.2 0.2 0.2 0.2	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21
SCW Fitness Education SharQui - The Bellydance Workout ShaY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC. SilverSneakers by Tivity Health	WATERINMOTION* Certification Online SharQui Instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT ENERGY BREAK Group Exercise for Hip Limitations SilverSneakers BOOM MIND SilverSneakers BOOM MOVE SilverSneakers BOOM MUSCLE SilverSneakers Classic	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Home Study Home Study Home Study Home Study Home Study Home Study	0.7 1.0 0.3 0.3 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21
SCW Fitness Education SharQui - The Bellydance Workout ShAY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC. SilverSneakers by Tivity Health	WATERINMOTION® Certification Online SharQui Instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT ENERGY BREAK Group Exercise for Hip Limitations SilverSneakers BOOM MIND SilverSneakers BOOM MOVE SilverSneakers BOOM MUSCLE SilverSneakers Groutt SilverSneakers Groutt SilverSneakers Glossic SilverSneakers Groutt	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Home Study	0.7 1.0 0.3 0.3 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.scwfit.com 12/31/21 www.sharqui.com 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 www.silversneakers.com
SCW Fitness Education SharQui - The Bellydance Workout SharY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC. SilverSneakers by Tivity Health	WATERINMOTION* Certification Online SharQui instructor Training BREATHING TECHNICQUES / STRESS MANAGEMENT ENERGY BREAK Group Exercise for Hip Limitations SilverSneakers BOOM MIND SilverSneakers BOOM MOVE SilverSneakers BOOM MOVE SilverSneakers GLOMM MIND SilverSneakers GLOMM MOVE SilverSneakers Glassic SilverSneakers Fall Prevention Education Series	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Home Study	0.7 1.0 0.3 0.3 0.2 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.sharqui.com 12/31/21 www.sharqui.com 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 www.silversneakers.com 12/31/21 www.silversneakers.com
SCW Fitness Education SharQui - The Bellydance Workout SharYui - The Bellydance Workout SHAY-MCENTEE WELLNESS WORKS INC. SHAY-MCENTEE WELLNESS WORKS INC. SilverSneakers by Tivity Health	WATERINMOTION* Certification Online SharQui Instructor Training BREATHING TECHNIQUES / STRESS MANAGEMENT ENERGY BREAK Group Exercise for Hip Limitations SilverSneakers BOOM MIND SilverSneakers BOOM MOVE SilverSneakers BOOM MUSCLE SilverSneakers GOOM LUSCLE SilverSneakers GOOM SILVE SilverSneakers Fall Prevention Education Series SilverSneakers Fall Prevention Education Series	Workshop/Seminar Home Study Workshop/Seminar Workshop/Seminar Home Study	0.7 1.0 0.3 0.3 0.2 0.2 0.2 0.2 0.2 0.2 0.2	12/31/21 www.sharqui.com 12/31/21 www.sharqui.com 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 12/31/21 www.silversneakers.com 12/31/21 www.silversneakers.com 12/31/21 www.silversneakers.com
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Spin City Instructor Training Spin City Instructor Training Spin City Instructor Training	Spin City Spinning Pole Instructor (online) Spin City Strength And Conditioning For Pole And Aerial (online)	Home Study	0.8	12/31/21 www.spincityinstructortraining.com
	Spin City Strength And Conditioning For Pole And Agrial (online)			
Spin City Instructor Training		Home Study	1.0	12/31/21 www.spincityinstructortraining.com
	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/aboutcoachingspeed/
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.txtraining.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
TRY	TRX Training in 90min	Home Study	0.2	12/31/21 https://www.trxtraining.com/trx-academy
1100				
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 HIII	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				12/31/21 https://vidafitness.com
	All Star Instructor Training	Workshop/Seminar	1.6	
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
YouniquelyFit	YouniquelyFit's Postural Pre- and Post Natal Programs	Home Study	1.0	12/31/21 https://www.youniquelyfit.com/personal-trainer-certification/
ZUMBA FITNESS	Fighting Elements ELearning	Home Study	0.3	12/31/21 www.zumba.com
ZUMBA FITNESS			0.4	12/31/21 www.zumba.com
	STRONG Nation ELearning	Home Study		
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
	SYNC LAB SESSION - FEBRUARY 2021	Home Study	0.3	12/31/21 www.zumba.com
ZUMBA FITNESS			0.3	12/31/21 www.zumba.com
	CYNIC LAD SECCION LANGUARY 2021			
ZUMBA FITNESS	SYNC LAB SESSION - JANUARY 2021	Home Study		
ZUMBA FITNESS ZUMBA FITNESS	SYNC LAB SESSION - MARCH 2021	Home Study	0.3	12/31/21 www.zumba.com
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