How to Safely Introduce Plyometrics Into Your Clients' Routines

Let's Get Dynamic!

November 2019 IDEA Fitness Journal Quiz 4: How Weightlifting Changes Metabolism


January 2017 IDEA Fitness Journal Quiz 2: Fitness Professionals and Agism, and Yoga and Menopause

January 2017 IDEA Fitness Journal Quiz 3: Nutrition News, and Opioid Use Need Vitamin and Mineral Sup

January 2017 IDEA Fitness Journal Quiz 4: Help Children Build a Strong Fitness Foundation

January 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Essential Elements of Health

January 2019 IDEA Fitness Journal Quiz 2: Exercise and Mental Health, and Benefits of Effortful Lear

January 2019 IDEA Fitness Journal Quiz 3: Enhancing Mobility, Stability and Balance With Yoga

January 2019 IDEA Fitness Journal Quiz 4: Food and Nutrition News, and Helping Clients Improve Nutri

January 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News

January 2018 IDEA Fitness Journal Quiz 2: Benefits of Short Activity Breaks, and Senior Fitness Pre.

January 2018 IDEA Fitness Journal Quiz 3: Tailor Workouts to Meet Clients' Precise Needs

January 2018 IDEA Fitness Journal Quiz 4: Small Diet Changes for Big Results

July/August 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News

July/August 2018 IDEA Fitness Journal Quiz 2: Using Circular Rhythms to Guide Eating Schedules

July/August 2018 IDEA Fitness Journal Quiz 3: How the Human Microbiome Affects Overall Health

July/August 2018 IDEA Fitness Journal Quiz 4: Women and Physical Activity

July/August 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News

July/August 2017 IDEA Fitness Journal Quiz 2: Separating Fact From Fiction in Health News

July/August 2017 IDEA Fitness Journal Quiz 3: Ergonomics for Fitness Professionals

July/August 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News

July/August 2019 IDEA Fitness Journal Quiz 2: Using a Plant-Centered Diet to Control Inflammatory...

July/August 2019 IDEA Fitness Journal Quiz 3: The Facts on Popular Nutrition Topics

June 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News and Nutrition News

June 2017 IDEA Fitness Journal Quiz 2: Benefits of Exercise for Children, and Helping Stroke Surviv

June 2017 IDEA Fitness Journal Quiz 3: The Facts on Popular Nutrition Topics

June 2017 IDEA Fitness Journal Quiz 4: What Could Be More Dysfunctional...

June 2017 IDEA Fitness Journal Quiz 5: Nutrition News, and Food and Nutrition News

June 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News

June 2018 IDEA Fitness Journal Quiz 2: The Efficiency of HIIT, and Ground-to-Standing Exercises for

June 2018 IDEA Fitness Journal Quiz 3: Methods That Encourage Behavior Change

June 2018 IDEA Fitness Journal Quiz 4: The Risks of Bone Loss

June 2019 IDEA Fitness Journal Quiz 1: The Importance of Volume in Resistance Training, and Fitness

June 2019 IDEA Fitness Journal Quiz 2: Using Motivational Interviewing to Drive Behavior Change

June 2019 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Dietary Changes for Lung Health

June 2019 IDEA Fitness Journal Quiz 4: Kettlebell Rehab: Hardstyle Methods in Corrective Exercise

June 2020 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News

June 2020 IDEA Fitness Journal Quiz 2: New Blood Pressure Guidelines, and Functional Training for O

June 2020 IDEA Fitness Journal Quiz 3: Why Lost Weight Comes Back

June 2020 IDEA Fitness Journal Quiz 4: Mastering Fat Metabolism and Weight Management

May 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Periodized Weight - Training for W

May 2017 IDEA Fitness Journal Quiz 2: Water Fitness Trends

May 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Improving Performance Through Int

May 2018 IDEA Fitness Journal Quiz 2: Walking for Functional Health: Gait Speed and Biomechanics

May 2018 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and New Solution to Obesity and Ch

May 2019 IDEA Fitness Journal Quiz 1: The Multifaceted Benefits of Exercise, and Simple Lifestyle, ...

May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Changing Work of s...

May 2019 IDEA Fitness Journal Quiz 3: Pushing Past the Limits of a Barbell with Variable Lifting

May 2019 IDEA Fitness Journal Quiz 4: How Weightlifting Changes Metabolism

May 2019 IDEA Fitness Journal Quiz 5: Healthy Diets & Cognitive Function, & Counterfe

November/December 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutriti

November/December 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition

November/December 2018 IDEA Fitness Journal Quiz 2: The Role of the Exercise and the Endocrine Syst

November/December 2018 IDEA Fitness Journal Quiz 3: Snowboarder Training, & Cerda and Strength Trai

November/December 2018 IDEA Fitness Journal Quiz 4: Motivating Clients to Make Lasting Changes in Nu

November/December 2018 IDEA Fitness Journal Quiz 5: Healthy Diets & Cognitive Function, & Counterfe

November/December 2017 IDEA Fitness Journal Quiz 2
0.2 The Roll Model® Fascial Makeover: Prioritize Your Periphery

0.2 The Science of Functional Aging

0.2 The Ultimate Light Overhead® Workout

0.2 The Warm-Up Makeover: Start with a Bang!

0.2 THORacic™ Flexibility: Dynamic Stretching Tricks and Tools

0.2 Three-Dimensional Kettlebell Training, by Functional Training Institute

0.1 To Diary or Not to Diary? Translating the Science for Your Clients

0.1 Today’s Food Conversation

0.1 Total Massage, Relaxation and Beyond

0.1 Train Stations

0.2 DVRT Level I

0.2 DVRT Level II

0.2 DVRT Restoration (Workshop)

0.2 TriggerPoint™ Corrective Strategies for the foot and Ankle

0.2 TriggerPoint™ for Shoulder and Shoulder Mobility

0.2 TriggerPoint™ Myofascial Compression® Techniques for Injury Prevention and Better Movement

0.2 Understanding and Interpreting the Functional Movement Screen

0.2 Understanding the Female Pelvic Core Neuromuscular System

0.2 Upper Extremity Mechanics and Techniques

0.2 Using Function to Avoid Dysfunction in Aging

0.2 Weighing The Evidence Behind Nutrition Research

0.2 Winning Group Strength Program Design

0.2 Yoga Anatomy 101: Kinesthetic

0.2 Yoga for Optimal Client Performance

0.2 Yoga: Adjut Me Puhleeeeze!

0.2 Yoga: Progressions and Regressions

0.2 Your Guide to Stronger Legs and Great Glutes!

1.3 Performance Coaching

1.9 Prevalent Health and Happiness Through Exercise and Nutrition

1.9 Indoor Cycling

0.8 Indoor Cycling

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0.8 Inner Sprout-Kinetik® EAMR (Functional Anatomy for Movement and Injuries)

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