



Combat Fitness Instructor

Course Guide

Thank you for your interest in the combat fitness instructor course with Amac. Within this course guide, you will find information on the different parts of the course. If you need further information then visit our website or ring 01227 831 840 or email info@amactraining.co.uk.

CPD Course

Combat Exercise Instructor

Pre requisites

Over 16 and Level 2 Fitness Instructor Qualification

Course Overview

Our Combat Fitness Instructor workshop is for any fitness instructor or personal trainer who would like to learn how to use focus/coaching mitts and kick shields within their classes or personal training. How to use martial art techniques whilst working to music is also investigated.

Using this equipment adds variety and enjoyment as well as being a very effective means of training. You will learn how to implement combat games and drills into a traditional circuit layout, allowing you to run a combat circuit class, or spice up your fitness circuit to keep your clients coming back for more.

Course Content

- Correct hand technique (punches and strikes)
- Different mitt positions
- Combining techniques
- health and safety
- Games and drills
- Structuring a group session
- Working with individuals

REPs points

On successful completion of the course, you will be awarded 8 REPs points which can be used for level 2 or 3 fitness professionals towards their annual CPD requirement.



Certification

Amac Certificate in Combat Fitness Instructing

01227 831 840

www.amactraining.co.uk

