



Fascial Fitness Trainer Course

Sample Agenda

Prep Course (10 hours)

- Read “Fascial Fitness” by Robert Schleip (224 pages)
- Complete comprehension quizzes
- Watch supplied webinars (5 hours)

Day 1 (7 hours)

9am - 10am: Theory: Introduction
10am - 11:30am: Theory: Rebound Elasticity
11:30am - 12pm: Theory: Fascial Release
12pm - 1pm: LUNCH
1pm - 2pm: Theory: Cellular Stimulation
2pm - 3pm: Theory: Fascial Stretch
3pm - 3:30pm: Theory: TLF
3:30pm - 4:30pm: Theory: Sensory Refinement
4:30pm - 5pm: Q&A

Day 2 (7 hours)

9am - 11am: Practical: Tissue Prep: Rebound
11am - 11:30am: Practical: Slow Rolling
11:30 - 1pm: Practical: Fascial Stretch
1pm - 2pm: LUNCH
2pm - 4pm: Practical: TLF Slow Sensory Refinement
4pm - 5pm: Q&A