

Education > Curriculum > GYROTONIC® > Pre-Training

Purpose:

The purpose of the Pre-Training Course is to prepare the student physically for the Foundation Teacher Training Course. Therefore the main focus is on the physical execution of the essential exercises according to the Pre-Training Course Exercise List. The Pre-Training Course is designed to prepare the student to become a Certified **GYROTONIC®** Trainer Level 1.

Pre-Requisite:

It is strongly recommended that the students wanting to enroll in the Pre-Training Course take some private or introductory lessons on the Pulley Tower Prior to enrollment.

Pre-Training Course Instructors:

The student must complete all Pre-Training hours with a Master Trainer or a qualified and authorized Pre-Trainer who is on the official Pre-Trainer list on file at **GYROTONIC®** International Headquarters.

Amount of days:

The Pre-Training Course consists of a minimum of 6 days in length, and the student must complete a minimum of twenty (20) to twenty-eight (28) hours during these six days. The required amount of hours for the Pre-Training Course will vary according to the amount of students rotating on each Pulley Tower.

Minimum amount of hours:

If there is one student on a Pulley Tower during the Pre-Training Course, then the student must complete a minimum of 20 hours. If there are 2 students rotating on one Pulley Tower during the Pre-Training Course, the each student must complete a minimum of 24 hours. If three students are rotating on one Pulley Tower, which is the maximum amount of students allowed per Pulley Tower, then each student must complete a minimum of 28 hours.

Mandatory GYROKINESIS® sessions:

Students enrolled in the **GYROTONIC®** Pre-Training Course must also complete a minimum of two (2) 90-minute **GYROKINESIS®** classes.

Long Term Clients:

If the student has been a client with a Master Trainer or an authorized Pre-Trainer and has learned most of the exercises taught in the Pre-Training Exercise List, this may fulfill part of the Pre-Training requirements. However, the student must schedule extra appointments with an authorized Pre-Trainer or Master Trainer in order for the Pre-Trainer or Master Trainer to confirm that the student is physically capable of executing all required exercises contained in the Pre-Training Exercise List. Additional hours must be completed if the student cannot fulfill the requirements and perform the exercises adequately. The precise amount of

additional hours needed will vary from student to student. The student will also need to complete a minimum of two (2) 90-minute **GYROKINESIS®** classes conducted by an authorized Pre-Trainer.

Successful completion of the Course:

Participation in a Pre-Training Course does not guarantee successful completion. Each student must have first-hand physical knowledge of all of the exercises in the Pre-training Exercise List in order to be eligible to take a Foundation Teacher Training Course. Upon successful completion of the Pre-Training Course, the student will receive a Pre-Training Qualification Agreement. The student must present this Pre-Training Qualification Agreement to the Master Trainer who is teaching Foundation Teacher Training Course in order to gain entry.

Non-completion of the Course:

A Pre-Trainer reserves the right to decline giving a student the Pre-Training Qualification Agreement if the Pre-Trainer assesses that the student is not ready or prepared enough to enroll in a Foundation Teacher Training Course.

Validity of the Pre-Training Qualification Agreement:

The minimum amount time that must elapse between the last day of the Pre-Training Course and the first day of the Foundation Teacher Training Course is one (1) week. The maximum amount time that can elapse between the last day of the Pre-Training Course and the first day of the Foundation Teacher Training Course is twelve (12) weeks, i.e. the student has between 1 week and 12 weeks to enroll in a Foundation Course from the date that the Pre-Training Course was completed.

Legal Document:

The student is required to sign a Confidentiality and Non-Disclosure Agreement prior to beginning the Pre-Training Course. The student cannot participate in the Course if this legal document is not signed.

After the Pre-Training Course:

Upon completion of the Pre-Training Course, the student is responsible for physically performing the exercises on a regular basis.

The Foundation Teacher Training Course:

The Master Trainer reserves the right to refuse a student entry into any Foundation Training Course if the Master Trainer assesses that the student is not ready or prepared for the Course