



# *Resistance Flexibility and Strength Training LLC*

## 2008-2009 RFST Trainer Certification Program

**Program** — Resistance Flexibility and Strength Training (RFST)® and the Meridian Flexibility System (MFS)

Cost: \$1000 Length 3 Days (22.5 hours)

RFST Certifications are run directly out of our exclusive training center, Studio 16 – RFST, which is located in Boston, MA, USA. Certifications can be completed on any 3 days throughout Monday – Thursday during the hours of 8am-3:30pm. Participants work directly with our Elite Training team to be educated in the systems, which will include both classroom and hands-on education as trainers guide participants through their new RFST training manual (see below for list of main principles covered). As part of the certification process, participants will also have the unique opportunity to assist Bob Cooley on private sessions he conducts with clients, an invaluable chance to gain further insight into the depths of his RFST and MFS systems.

Upon completion of the RFST Certification, newly certified trainers are required to maintain their certification through our yearly membership program (see below for member requirements and benefits). A yearly fee of \$250 must be paid starting one year from the completion of the 3 day training program. Any certified trainer who chooses to cease participation in our exclusive membership program will no longer be eligible to practice any of the RFST or MFS methods learned through the certification process. A Non-disclosure and Member Agreement will explain details on representation of RFST and must be signed before the start of the process certification.

### **Principles of RFST and MFS**

1. Resistance Strength Training (RST) versus Resistance Flexibility Training (RFT)
2. Interdependence of Strength and Flexibility
3. Principle of Limitation
4. RFST versus other stretching modalities.
5. Beginner Self-Stretches for Classroom Instruction
6. Intermediate Self-Stretches for Classroom Instruction
7. Action versus Stretch; Origin versus Insertion
8. Balancing Muscle Groups
9. Disclaimers and Insurance

### **Membership Requirements**

- ✓ Cost per year: **\$250**
- ✓ Required 3 days per year at Studio 16 – RFST for evaluation and upgrade to skill level
- ✓ Non-disclosure and representation agreement must be signed
- ✓ Yearly review of member requirements which are subject to change

### **Membership Benefits**

- Usage Rights to Bob Cooley's RFST System and Meridian Flexibility System
- Client Referrals to your location

- Trainer biography and contact information on our webpage
- Optional 3 day visit to Studio 16 – RFST free of charge. Any additional days will be \$50 per day
- Email support from Elite Trainers on problem solving with clients or any general questions.
- 4 Free Skype sessions with Elite Trainers to help with clients or to have 1 on 1 about RFST
- Affiliation with #1 leading resource in flexibility training & biomechanical upgrades
- Professional association with the creator of Resistance Stretching (RFST)