



RAPPT FX

Enhancing Performance Through Fitness

PERSONAL TRAINERS DO YOU WANT TO BE THE BEST?

RAPPTFX LEVEL 1 CERTIFICATION
44 HOURS

WEEKEND BATCHES | WEEKDAYS BATCHES | CUSTOMIZED BATCHES

BECOME A LEVEL 1 CERTIFIED TRAINER AND ENHANCE YOUR CLIENT RESULTS.

AUSTRALIAN STANDARDS IN PERSONAL TRAINING
GET RECOGNITION OF PRIOR LEARNING (RPL)
IN THE AUSTRALIAN EDUCATION SYSTEM
ENHANCE CLIENT RESULTS
MAXIMIZE YOUR BUSINESS POTENTIAL

Course	Hrs	Course	Hrs
PA & Exercises to correct posture	8 hrs	Functional Movements and Training concepts	8 hrs
Yoga for PT level	4 hrs	Professionalism of PT	16 hrs
Massage for PT	4 hrs	Goals and success	4 hrs
Total		44 hrs	

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