

FATBURN[®]

EXTREME

INSTRUCTOR INFO PACK

A PRODUCT OF
T3C[®]
FITNESS
TRAINING

WHAT IS FATBURN EXTREME®?

Fatburn Extreme® is the multi award winning group fitness from T30 Fitness Training Ltd. Led by extensive scientific research **Fatburn** Extreme® is the concept leading the way in revolutionising group fitness training and weight loss exercising. Like no other, Fatburn Extreme is a fixed 20 minute, maximum intensity, rest based workout, using only bodyweight exercises to emulsify fat and tone muscles.



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BENEFITS FOR INSTRUCTORS

Fatburn Extreme® uses pre-designed monthly released workouts with voiceover music more. Tracks, which are PPL license free. As well as ease of Delivery, there are no additional music licenses. The course fee is £178. There is then the option to sign up for the monthly membership giving access to new track releases, marketing material and much

BENEFITS FOR CENTRES

There are no centre license fees and no additional costs. The **Fatburn** Extreme® system uses only bodyweight exercises, therefore no expensive outlay for equipment allowing swift changeover between classes. The fixed 20 minute concept allows comfortable delivery within 30 minutes, including warm up, cool down, with ample teaching time: both cost and time effective on a group fitness timetable.



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ACCREDITATIONS

Fatburn Extreme® has achieved 14 REP's points, 8 AFAA, 8 NASM, 8 ACE points and has been endorsed by a National Sports Injury Clinic as being a safe and effective programme. This places it higher than any other bodyweight training programme currently in the UK fitness market. The Fatburn Extreme Instructor Training is a course, not a workshop, which gives instructors a qualification on completion, not just a certificate of attendance.



PRICING

Our pricing structure is simple. You will pay a one off fee to take part in the course. Following a successful pass on the day you can choose to register for our low cost monthly subscription to access the latest PPL free tracks and workouts. If you are currently a T30 Fitness training member you will qualify for a special loyalty discount. Contact the helpdesk to enquire about current member and early bird discounts.

If you are looking to run a course or have a number of coaches/instructors you would like to register we may be able to offer you an attractive corporate package. Contact our helpdesk@t30fitnesstraining.com for details.

One off course fee of

£178

To Qualify

Optional no contract

£7.99 pm

membership

BECOME A FATBURN EXTREME® INSTRUCTOR

Book on the next instructor training course. Courses running across the globe! Visit www.t30fitnesstraining.com