

FAT BURN

EXTREME

BECOME AN INSTRUCTOR





What is Fatburn Extreme?

Fatburn Extreme is a new concept in 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.

What are the benefits for instructors?

Fatburn Extreme uses pre-designed monthly released workouts with voiceover music 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 more.





What are the 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 change over 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.

Endorsement

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.



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