



## Training Your Instructors

### GRAVITY® Training

Depending on the classes your instructors intend to teach, they will need the requisite combination of background and teaching tools. Your instructors each have their own expertise and areas of interest. Complementing that, GRAVITYTraining provides the specific education they will need to make your program a success.

Total Gym® recommends a minimum of 16 hours of GRAVITY® Training for your instructors. Your program selections for GRAVITY® Training should have already been confirmed. If you have not confirmed your choices for GRAVITY® Training from the following options, contact the HQH Fitness Account Coordinator at 09 478 2111, toll free NZ 0800 552 8789, AUS 1800 552 8789 or email [admin@hgh.com](mailto:admin@hgh.com)

<b>GRAVITYFoundation® Course</b> <a href="#">Click here for more information</a>	<b>16 hours</b>
<b>GRAVITYPilates®: Reformat Evolved Series</b> <a href="#">Click here for more information</a>	<b>8 hours</b>
<b>GRAVITYPost-rehab®: Major Joint Series</b> <a href="#">Click here for more information</a>	<b>16 hours</b>

Additional training options are also available for purchase. Please let HQH Fitness know if you would like to arrange for any combination of the alternative Training Modules / Workshops ([click here to view](#)).

## Prerequisites:

Instructors should arrive for the course somewhat familiar with a Classic or New Total Gym unit.

GRAVITY Training instructors should have the appropriate certifications. For the GRAVITY Foundation Course, the following certifications meet the Total Gym guidelines:

ACE            AFAA            ACSM            NSCA            NASM            PFIT  
REPS NZ      Fitness AUS    Kinect AUS    AUT    Les Mills PT    Other:

In order for your instructors to achieve **GRAVITY Pilates®** Instructor status, within the recommended course hours, Total Gym recommends your instructors have a Polestar, Stott, PMI or PowerHouse Pilates certification in complete mat repertoire.

Other certifications may be accepted in lieu of these. Contact HQH Fitness for more information.

## Recommendations:

While it is optimal for each instructor to go through the course with the exclusive use of a Total Gym GTS unit, the following guidelines provide you with the maximum number of attendees allowed. Additional instructors who wish to be trained will require additional days of training.

### Instructors per unit:

For the 16 hour GRAVITY Foundation Course, your club may invite up to two instructors per Total Gym unit, leaving one available unit for the GRAVITY Master Trainer®, i.e. if you purchased 11 units you may have up to 20 instructors attend the course; each will share a unit. You will be provided with instructional material for the number of attendees up to the number of purchased units only.

### Two Weeks Practice:

Before your instructors implement classes with your membership at large, we recommend two weeks of "practice teaching". In the first week, have instructors practice their new skills and cueing techniques on one another. Those who plan to teach personal training sessions should spend as much time as possible learning the exercises, working out and becoming familiar with the Total Gym units.

In the second week, invite members who are finishing a session in one of your ongoing aerobics or cycling classes to try a GRAVITY Class. By the end of this second week your instructors will be able to mix it up a bit and add their own personal flair to their classes.