



STRETCHFIT

TEACHER TRAINING



WWW.STRETCHFIT.STUDIO





WOULD YOU LIKE TO TRAIN IN THE HOTTEST TREND IN SPORTS, FITNESS, RECOVERY, AND WELLBEING IN 2024- ASSISTED STRETCHING? CERTIFY WITH STRETCHFIT AND JOIN OUR INTERNATIONAL COMMUNITY.

Why Assisted Stretching?

Assisted stretching with StretchFit will add to your income stream, diversify your client base and give you access to a totally new modality. Literally thousands of stretch studios have opened worldwide in the last few years, and now you can be a part of the growth.

Why Learn with Us?

- ✓ We've been teaching exercise professionals assisted stretching for almost 25 years.
- ✓ We've published 8 books on the subject, including 4 Amazon best sellers.
- ✓ Our courses are state of the art, reasonably priced and come with 20 hours of free classes at our studio
- ✓ Our unique equipment is patented and unlike anything else on the market.
- ✓ StretchFit has a global footprint with studios in the US, UK, South Africa and Australia
- ✓ Our courses are overseen by Dr Gerry Ahern (see below)

When you finish

- ✓ Practitioner insurance as "Stretch Therapist."
- ✓ Ongoing education via our portal including articles, a full app. with of all our material.
- ✓ Marketing and advertising material for you to use weekly. (Conditions apply)
- ✓ Online continuing education



Certification levels and processes

StretchFit has three levels of certification:

Level one: Essential for all teachers

Level 2 & 3: Can be completed online. Essential for teachers who want to remain on the directory, affiliates, and those working at affiliate studios.

Level one

- ✓ Stretchfit concepts
- ✓ Stretching biomechanics and neurophysiology
- ✓ Compartmental stretching
- ✓ Range of movement assessment
- ✓ Learning to teach all the basic StretchFit material.
- ✓ Online assessment
- ✓ Creating and teaching classes using the Stretch Fit approach
- ✓ Includes full access to the StretchFit app and 200 page digital manual
- ✓ Level one course includes 20 hours of free classes at StretchFit Studio HQ (value \$880)
- ✓ Level one is a 3-day course plus 20 hours of class participation and online quiz. Students who cannot attend in person may undertake some or all of the course online with permission of StretchFit

Level 2 and 3

✓ Completed online as part of the CECs program. Information below. Please check website shop for CEC courses

Continuing Education Credits (CEC's)

10 CECs per year are required for continued affiliation with StretchFit. CECs can be completed online and can be viewed in the shop. <https://stretchfit.studio/product-category/workshop/>

- ✓ 10 CECs make up a level 2 course.
- ✓ 10 CECs make up a level 3 course.



For a course synopsis, sample course manual or further information please contact us at info@stretchfit.studio

For the full details on how to become an affiliate, become listed on the teachers directory and CEC requirements, please download the “Complete license and affiliate document.”

Dr Gerry Ahern

Dr. Gerard Ahern (MBBS) is Clinical Anatomist, Final Year Coordinator and GP Coordinator (University of Notre Dame), Honorary Senior Fellow in Anatomy (University of Melbourne), Member Board of Examiners (Royal Australian and New Zealand College of Radiologists), Honorary Associate Professor (Oceania University), Tutor and Lecturer (Royal Australasian College of Surgeons) & co-author of the best-selling book ‘General Anatomy’.

