

POWER  PLATE®

Discover the Difference

## Give Yourself the Edge

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**Burrell**Education

As a Power Plate® Post Natal Trainer, you'll have the ultimate unique selling point that will always be in demand.

Attend our one day course and learn how to assess your clients and create highly effective Power Plate Post Natal sessions that will get new mums back into amazing shape!



**You will learn to:**

- Assess Post Natal Core Strength, including abdominal separation and how to select and progress suitable abdominal exercises for each stage of Post Natal recovery
- Create one-to-one and small group Post Natal Restore programmes to serve Post Natal clients at your facility
- Effectively teach 'Movement Based' Pelvic Floor exercises and Kegels
- Teach progressive Functional Exercise on the Power Plate® machine to get and keep your mommy strong for her daily job
- Incorporate interval cardio training using the Power Plate machine for outstanding Post Natal fat loss



You will take home a 100 page fully illustrated manual and a "Putting It All Together" DVD.

**To book:**

For more information or to book your place:

Tel: **020 7317 5032**

**carly.mortimer@powerplate.com**



For a full course description:

**[www.powerplate.com/uk](http://www.powerplate.com/uk) or**

**[www.burrelleducation.com](http://www.burrelleducation.com)**

**£185 (inc VAT) per person**

**Discounts available for**

**Power Plate Authorised Centres**