CUSTOM CALIBRATED RESISTANCE SPECIALIST 1.0
Course Schedule

	DAY 1
9:00am - 9:15 am	Check-In
9:15am – 10:45am	• Introduction • Phases of movement - Concentric, Isometric, Eccentric • Define Supramaximal Eccentric and Isokinetic Training • Research- Benefits of Supramaximal Eccentric / Isokinetic Training - Mechanical • (Synapse®) 90 sec set to fully exhaust all muscle fiber types - Row demonstration • Inhibiting factors to engaging in Supramaximal Eccentric / Isokinetic Training • Discuss Conventional training limitations in relation to the strength curve • Advantages of Custom Calibrated Resistance™ • (Synapse®) 90 sec set to fully exhaust all muscle fiber types - demonstration • Discuss muscle fiber types, corresponding fuel sources and energy pathways, activation and recovery
10:45am -11:00am	Break
11:00am – 1:15pm	• Review of pros and cons of equipment options and methods to engage in Isokinetic and Supramaximal Eccentric training • Hands on exploration of various methods of Supramaximal Eccentric / Isokinetic training • Synapse® Unit set up procedures • Core principles when implementing Custom Calibrated Resistance™ • Understanding force vectors and leveraging them to tailor resistance across movements
	Day 2
9:00am-10:30am	• Common Mistakes/ Safety Considerations • Exercise / Movement progressions to increase neural drive, coordination, muscular stimulus, and range of movement for the whole body. • Use Custom Calibrated Resistance™ to perform various example movements with the 90 sec protocol in Trainer Mode • Implementing Custom Calibrated Resistance in Solo mode
10:30am -11:00am	Written Exam
11:00am – 12:45pm	• Movement Creation Challenge - Trainer Mode and Solo Mode • Presentations of exercises created in Movement Creation Challenge with follow up discussion • Explore further therapeutic and training applications for Custom Calibrated Resistance™ • Wrap up
12:45pm – 1:00pm	Q&A and participant evaluation