



PTAG PREFERRED PROVIDERS

Provider	Title	CEUs	Expires On
Agatsu (Sean Mozen) (Deja Sheridan)	Agatsu Kettlebell Instructor Certification Level 1	16	12/31/2021
Agatsu inc	Agatsu Kettlebell instructor's certification level 1	16	12/31/2021
American Council on Exercise	ACE - Behavior Change Specialist	20	12/31/2021
American Counsel on Exercise AND the Institute of M	Loaded Movement Training and the ACE IFT Model	3	12/31/2021
Annette Lang	Integrated Stretching Workshop	6	12/31/2021
Annette Lang	Training the Pregnant and Post Natal Client workshop	6	12/31/2021
Annette Lang	Core Training Level 2	4	12/31/2021
Annette Lang	Core Training from Science to practice Workshop	6	12/31/2021
Annette Lang	Barefoot Core Workout	1	12/31/2021
Annette Lang	Assessing Movement: What Do You See? What Do You Do About It?	1	12/31/2021
Annette Lang	Contract relax stretching	3	12/31/2021
Annette Lang	Core Integrity: Relevant to what	1	12/31/2021
Annette Lang	Exercise Modifications for Clients with "DDI"	1	12/31/2021
Annette Lang	Foundations of Core, Stability and Balance	1	12/31/2021
Annette Lang	Integrated Training Progressions	1	12/31/2021
Annette Lang	Integrated Training Progressions: Fun and Challenging Progressions	2	12/31/2021
Annette Lang	Medicine Ball Training	1	12/31/2021
Annette Lang	Styrofoam Roller Training Progressions	1	12/31/2021
Annette Lang	Training Pregnant clients	1	12/31/2021
Annette Lang	Research on the Core: Understanding the Basics	2	12/31/2021
Athletes Acceleration	Complete Youth Training/ Athletes acceleration	3	12/31/2021
Athletes Acceleration	Medball training masterclass	2	12/31/2021
Australian Strength Performance	Fat loss & physique transformation	4	12/31/2021
Australian Strength Performance	Hypertrophy & Strength	4	12/31/2021
Australian Strength Performance	Nutrition	3	12/31/2021
Australian Strength Performance	Sports Specific	3	12/31/2021
Australian Strength Performance	Physique Transformation Level 1	7	12/31/2021
Australian Strength Performance	Fat Loss Specialization	21	12/31/2021
Australian Strength Performance	Hypertrophy Level 1	14	12/31/2021
Australian Strength Performance	Advanced Hypertrophy (Level 2)	21	12/31/2021
Australian Strength Performance	ASP Coach Level 1	21	12/31/2021
Australian Strength Performance	ASP Coach Level 2	21	12/31/2021
British Columbia Personal Training Institute	KETTLEBELL - LEVEL 1	14	12/31/2021
Brookbush Institute of Human Movement Science	Chop Pattern and Progressions	1	12/31/2021
Brookbush Institute of Human Movement Science	Acute Variables Repetition Range	1	12/31/2021
Brookbush Institute of Human Movement Science	Bridge and Progressions	2	12/31/2021
Brookbush Institute of Human Movement Science	Strength and Performance Training	2	12/31/2021
Brookbush Institute of Human Movement Science	Chop Pattern and Progressions	1	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Deltoid	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Tibialis Anterior	2	12/31/2021
Brookbush Institute of Human Movement Science	Regional Interdependence: Trunk And Lower Extremity	1	12/31/2021
Brookbush Institute of Human Movement Science	Stability Training	2	12/31/2021
Brookbush Institute of Human Movement Science	Muscle Fiber Dysfunction and Trigger Points	2	12/31/2021
Brookbush Institute of Human Movement Science	Internal Obliques	2	12/31/2021
Brookbush Institute of Human Movement Science	Lower-extremity Power Exercise Intensity, Part 1	1	12/31/2021
Brookbush Institute of Human Movement Science	Power Training (High Velocity Training): Introduction	3	12/31/2021
Brookbush Institute of Human Movement Science	Power (High-velocity) Training: Upper and Total Body Exercises	2	12/31/2021
Brookbush Institute of Human Movement Science	Power (High-Velocity) Training: Lower Body	2	12/31/2021
Brookbush Institute of Human Movement Science	External Obliques	2	12/31/2021
Brookbush Institute of Human Movement Science	Predictive Model of Lumbo Pelvic Hip Complex Dysfunction	4	12/31/2021
Brookbush Institute of Human Movement Science	Regional Independence: Hip and Ankle	1	12/31/2021
Brookbush Institute of Human Movement Science	Regional Interdependence: Trunk and Lower Extremity	1	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Cervical Spine	3	12/31/2021
Brookbush Institute of Human Movement Science	Muscle Fiber Types	1	12/31/2021
Brookbush Institute of Human Movement Science	Deep Longitudinal Subsystem	2	12/31/2021
Brookbush Institute of Human Movement Science	Does Movement Impairment Precede Low Back Injury?	1	12/31/2021
Brookbush Institute of Human Movement Science	Comparing Shoulder External Rotator Exercises	1	12/31/2021

Brookbush Institute of Human Movement Science	Chest Pushing Progressions	1	12/31/2021
Brookbush Institute of Human Movement Science	Back/Pulling Progressions	1	12/31/2021
Brookbush Institute of Human Movement Science	Shoulder/Overhead Progressions	1	12/31/2021
Brookbush Institute of Human Movement Science	Legs/Triple Extension Progressions	1	12/31/2021
Brookbush Institute of Human Movement Science	Deadlift Progressions	1	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Exercise Progressions	1	12/31/2021
Brookbush Institute of Human Movement Science	The Effects of Local Vibration	1	12/31/2021
Brookbush Institute of Human Movement Science	Vibration Release Techniques: Upper Body	2	12/31/2021
Brookbush Institute of Human Movement Science	Vibration Release Techniques: Lower Body	2	12/31/2021
Brookbush Institute of Human Movement Science	Intrinsic Stabilization Subsystem	2	12/31/2021
Brookbush Institute of Human Movement Science	Posterior Oblique Subsystem Integration	2	12/31/2021
Brookbush Institute of Human Movement Science	Anterior Oblique Subsystem Integration	2	12/31/2021
Brookbush Institute of Human Movement Science	Functional Anatomy 1: Introduction	3	12/31/2021
Brookbush Institute of Human Movement Science	Functional Anatomy 2: Muscular Function and Upper Body Muscles	3	12/31/2021
Brookbush Institute of Human Movement Science	Functional Anatomy 3: Lower Body and Core Muscles	3	12/31/2021
Brookbush Institute of Human Movement Science	Overhead Squat Assessment (Part 1): Signs of Dysfunction	2	12/31/2021
Brookbush Institute of Human Movement Science	Overhead Squat Assessment (Part 2): Sign Clusters and Compensation Patterns	2	12/31/2021
Brookbush Institute of Human Movement Science	Muscle Length Tests	1	12/31/2021
Brookbush Institute of Human Movement Science	Upper Body Manual Muscle Testing	1	12/31/2021
Brookbush Institute of Human Movement Science	Lower Body Manual Muscle Testing	1	12/31/2021
Brookbush Institute of Human Movement Science	Upper Body Goniometric Assessment	1	12/31/2021
Brookbush Institute of Human Movement Science	Lower Body Goniometric Assessment	1	12/31/2021
Brookbush Institute of Human Movement Science	Predictive Model of Upper Body Dysfunction	3	12/31/2021
Brookbush Institute of Human Movement Science	Lower Extremity Dysfunction	4	12/31/2021
Brookbush Institute of Human Movement Science	Self-Administered Joint Mobilizations: Lower Extremity	2	12/31/2021
Brookbush Institute of Human Movement Science	Self-Administered Joint Mobilizations: Upper Extremity	2	12/31/2021
Brookbush Institute of Human Movement Science	Plantar Flexor: Release and Lengthening	1	12/31/2021
Brookbush Institute of Human Movement Science	Tibia External Rotator: Release and Lengthening	1	12/31/2021
Brookbush Institute of Human Movement Science	Vastus Medialis Obliquus (VMO) and Tibial Internal Rotator Activation	1	12/31/2021
Brookbush Institute of Human Movement Science	Hip Internal Rotator: Release and Lengthening	1	12/31/2021
Brookbush Institute of Human Movement Science	Hip External Rotator: Release and Lengthening	1	12/31/2021
Brookbush Institute of Human Movement Science	Hip Flexor: Release and Lengthening	1	12/31/2021
Brookbush Institute of Human Movement Science	Lumbar Extensor: Release and Lengthening	1	12/31/2021
Brookbush Institute of Human Movement Science	Shoulder Internal Rotator and Posterior Deltoid: Release and Lengthening	1	12/31/2021
Brookbush Institute of Human Movement Science	Gluteus Maximus Activation	1	12/31/2021
Brookbush Institute of Human Movement Science	Scapular Muscle: Release and Lengthening	1	12/31/2021
Brookbush Institute of Human Movement Science	Tibialis Posterior Activation	1	12/31/2021
Brookbush Institute of Human Movement Science	Tibialis Anterior Activation	1	12/31/2021
Brookbush Institute of Human Movement Science	Transverse Abdominis Activation (Quadrupeds and Progressions)	2	12/31/2021
Brookbush Institute of Human Movement Science	Shoulder External Rotator Activation	1	12/31/2021
Brookbush Institute of Human Movement Science	Trapezius Activation	1	12/31/2021
Brookbush Institute of Human Movement Science	Serratus Anterior Activation	1	12/31/2021
Brookbush Institute of Human Movement Science	Deep Cervical Flexor Activation	1	12/31/2021
Brookbush Institute of Human Movement Science	Gluteus Medius Activation	1	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Gluteus Maximus	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Serratus Anterior	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Biceps Femoris	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Tensor Fascia Latae	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Trapezius Muscle	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Levator Scapulae	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Pectoralis Minor	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Subscapularis	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Infraspinatus and Teres Minor	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Tibialis Posterior	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Popliteus	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Supraspinatus	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Flexor Hallucis Longus and Flexor Digitorum Longus	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Pectoralis Major	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Latissimus Dorsi	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Rhomboids	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Teres Major	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Erector Spinae	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Deltoids	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Tibialis Anterior	2	12/31/2021

Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Coracobrachialis	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Deep Neck Flexors	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Adductors	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Rectus Abdominis And Pyramidalis	2	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Hip Joint	3	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Knee Joint	3	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Ankle Joint	3	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Shoulder Joint	3	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Sternoclavicular, Acromioclavicular and Scapulothoracic Joints	3	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Soleus	2	12/31/2021
Brookbush Institute of Human Movement Science	Does Movement Impairment Precede Knee Pain and Injury?	1	12/31/2021
Brookbush Institute of Human Movement Science	Muscle Cell Structure and Function	1	12/31/2021
Brookbush Institute of Human Movement Science	Performance Program Design	16	12/31/2021
Brookbush Institute of Human Movement Science	Corrective Exercise Lab	16	12/31/2021
Brookbush Institute of Human Movement Science	Advancements In Exercise Selection 2: A Case Study Approach to Corrective Exercise	16	12/31/2021
Brookbush Institute of Human Movement Science	Integrated Functional Anatomy of the Extensor Hallucis Longus & Extensor Digitorum Longus & Fibularis Tertius	2	12/31/2021
Canfit Pro Vancouver Conference	CanfitPro Conference	8	12/31/2021
Compound Performance (Kyle Dobbs, Matt Domney)	Compound Performance Q4 Group Mentorship	20	12/31/2021
dotFIT	dotFIT Certification	16	12/31/2021
Douglas College	Active Health	12.66	12/31/2021
Douglas College	Conditioning for Sport and Physical Activity	20	12/31/2021
Dr John Rusin	Pain-Free Performance Specialist Certificate	16	12/31/2021
Dr. Christopher Sole	HES5 544- Exercise Testing and Assessment	20	12/31/2021
Dr. John Rusin	Pain-free Performance Specialist Certification	16	12/31/2021
Dragon Door Publications	RKC Level 1	16	12/31/2021
Dragon Door Publications	Progressive Calisthenics Instructor Certification	16	12/31/2021
Evolution Wellness	Personal Training Foundations 2.0	24	12/31/2021
Evolution Wellness	Foundations Essentials	24	12/31/2021
Evolution Wellness	Foundations	24	12/31/2021
Evolution Wellness	Foundations Core	20	12/31/2021
Evolution Wellness	CFC Level 1 Bridging Workshop	12	12/31/2021
Evolution Wellness	ACT workshop	8	12/31/2021
Evolution Wellness	CFC Level 2 : 2 day workshop	13	12/31/2021
Evolution Wellness	CPT L1 Workshop	15	12/31/2021
Evolution Wellness	New Memeber Induction	8	12/31/2021
Functional Anatomy Seminars - Functional Range Con	FRC - Functional Range Conditioning	16	12/31/2021
Gage Continuing Education	Whiplash for the Imaging Professional	20	12/31/2021
Girls Gone Strong	Pre & Postnatal Certified Trainer	15	12/31/2021
IDEA Club Connect	TRX Essentials for Personal Training	3	12/31/2021
IDEA Club Connect	TRX Rip Training Foundations	3	12/31/2021
IDEA Club Connect	50 Ways to Leave Your Core Lovers Wanting You	1	12/31/2021
IDEA Club Connect	Active Resistance Training: Total Body Mat Practice Total Body Mat Practice	2	12/31/2021
IDEA Club Connect	Anatomy: Reconnect With Your Spine Muscles, NFPT	2	12/31/2021
IDEA Club Connect	April 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and The Physiology of Fatigue	1	12/31/2021
IDEA Club Connect	April 2017 IDEA Fitness Journal Quiz 2: The Benefits of Good Posture, and Pilates for Recreational Athletes	1	12/31/2021
IDEA Club Connect	April 2017 IDEA Fitness Journal Quiz 3: Survival of the Fittest	1	12/31/2021
IDEA Club Connect	April 2017 IDEA Fitness Journal Quiz 4: Practical Applications for Sprint Interval Training	1	12/31/2021
IDEA Club Connect	April 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	April 2018 IDEA Fitness Journal Quiz 2: Resistance Training for Young Adults, and Spot Scapular Dyskinesia in Clients	1	12/31/2021
IDEA Club Connect	April 2018 IDEA Fitness Journal Quiz 3: Help Clients Avert ACL Tears	1	12/31/2021
IDEA Club Connect	April 2018 IDEA Fitness Journal Quiz 4: Misconceptions About Fats	1	12/31/2021
IDEA Club Connect	April 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Using Telehealth to Inspire Clients	1	12/31/2021
IDEA Club Connect	April 2019 IDEA Fitness Journal Quiz 2: Choosing the Right Carbs for Energy, & Diabetes Management & Resistance Training	1	12/31/2021
IDEA Club Connect	April 2019 IDEA Fitness Journal Quiz 3: Alternative Recovery Methods to Avoid Overtraining Injuries	1	12/31/2021
IDEA Club Connect	April 2019 IDEA Fitness Journal Quiz 4: The Effects of Sleep Deprivation	1	12/31/2021
IDEA Club Connect	Balanced Body®: Pilates Smart Core Challenge	2	12/31/2021
IDEA Club Connect	Become a World-Class Coach--Top Seven Must-Dos to Create Success and Significance	2	12/31/2021
IDEA Club Connect	Beyond the Macros: Placing the Focus Back on Nutrient-Dense Foods	1	12/31/2021
IDEA Club Connect	Biohack Your Body, Anti-Aging Secrets to Ensure	2	12/31/2021
IDEA Club Connect	Blast Your Abs, Glutes and Core - A Big HIIT With your Clients	2	12/31/2021
IDEA Club Connect	Body Weight Training--Amped Up	1	12/31/2021
IDEA Club Connect	Bridging the Gap Between Good Intentions and Meaningful Nutrition Change	1	12/31/2021
IDEA Club Connect	Carb IQ: Comparing Keto, Paleo and Low Carb	1	12/31/2021
IDEA Club Connect	Cardio-Strength Circuits For Fun And Function	1	12/31/2021

IDEA Club Connect	Caving to the Craving: The New Science of Food Addiction and Recovery...With a Twist	1	12/31/2021
IDEA Club Connect	CORE Yoga for Healthy Backs	2	12/31/2021
IDEA Club Connect	Correct the Psoas Gluteus Imbalance	2	12/31/2021
IDEA Club Connect	Cue Movement and Exercise With Hip Anatomy, NFPT	2	12/31/2021
IDEA Club Connect	Designing a Self-Myofascial Release Program	2	12/31/2021
IDEA Club Connect	Dynamic Nutrition Science: Parsing Today's Most Relevant Research for Real Life	1	12/31/2021
IDEA Club Connect	East Meets West: A Mindful Approach to Health Coaching	1	12/31/2021
IDEA Club Connect	Exercise Science Update: New Research and Ide	2	12/31/2021
IDEA Club Connect	Extreme Equipment-LESS Bootcamp	2	12/31/2021
IDEA Club Connect	Fascia Release for Yoga (Teacher's Plus Course)	10	12/31/2021
IDEA Club Connect	Fat-Loss Programming for Your Female Clients	1	12/31/2021
IDEA Club Connect	February 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Preserving Youth with Physical Activity	1	12/31/2021
IDEA Club Connect	February 2017 IDEA Fitness Journal Quiz 2: Increase Strength With Rowing Machine Exercises, and Rechanneling Stress	1	12/31/2021
IDEA Club Connect	February 2017 IDEA Fitness Journal Quiz 3: Nutrition News, and Changing Attitudes Toward Food	1	12/31/2021
IDEA Club Connect	February 2017 IDEA Fitness Journal Quiz 4: Help Clients Find Joy in Movement	1	12/31/2021
IDEA Club Connect	February 2017 IDEA Fitness Journal Quiz 5: Common Running Injury Recovery and Prevention	1	12/31/2021
IDEA Club Connect	February 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	February 2018 IDEA Fitness Journal Quiz 2: Tips for Resistance Training with Youth, and Combined Training for Weight Loss	1	12/31/2021
IDEA Club Connect	February 2018 IDEA Fitness Journal Quiz 4: Body Image in the Fitness Industry	1	12/31/2021
IDEA Club Connect	February 2018 IDEA Fitness Journal Quiz 3: Risks of Functional Training	1	12/31/2021
IDEA Club Connect	Flexibility for the Inflexible	1	12/31/2021
IDEA Club Connect	From Neck to Knees - More Than Just Core!	2	12/31/2021
IDEA Club Connect	Functional Anatomy: The Secret to Efficient M	2	12/31/2021
IDEA Club Connect	Functional Assessment for Special Population	1	12/31/2021
IDEA Club Connect	Functional Balance Circuits for the Active Adults	1	12/31/2021
IDEA Club Connect	Functional Balance For The Active Aging Adults	2	12/31/2021
IDEA Club Connect	Functional Flexibility for the Active Aging	2	12/31/2021
IDEA Club Connect	Functional Movement Triad	2	12/31/2021
IDEA Club Connect	Fundamental Principles of Upper Body Training	2	12/31/2021
IDEA Club Connect	Gait-Based Movement Screening	1	12/31/2021
IDEA Club Connect	Getting Maximum Results With Minimal Equipmen	1	12/31/2021
IDEA Club Connect	Glute Reboot	2	12/31/2021
IDEA Club Connect	Group Exercise Applications for Training the Posterior Chain	2	12/31/2021
IDEA Club Connect	Guiding Others to Create Their Healthiest, Most Delicious Life	1	12/31/2021
IDEA Club Connect	Handstands	1	12/31/2021
IDEA Club Connect	High-Intensity Kettlebell Training	2	12/31/2021
IDEA Club Connect	How to Run Your Own "Drop Two Sizes" Challenge	1	12/31/2021
IDEA Club Connect	How To Safely Introduce Plyometrics Into Your	2	12/31/2021
IDEA Club Connect	Is It Time to Eat Yet? Nobel Prize-Winning Body Clock Science Has the Answer	1	12/31/2021
IDEA Club Connect	January 2017 IDEA Fitness Journal Quiz 2: Fitness Professionals and Ageism, and Yoga and Menopause	1	12/31/2021
IDEA Club Connect	January 2017 IDEA Fitness Journal Quiz 3: Nutrition News, and Do People Need Vitamin and Mineral Supplements?	1	12/31/2021
IDEA Club Connect	January 2017 IDEA Fitness Journal Quiz 4: Help Children Build Strong Fitness Foundation	1	12/31/2021
IDEA Club Connect	January 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Skeletal Muscular Hypertrophy	1	12/31/2021
IDEA Club Connect	January 2018 IDEA Fitness Journal Quiz	1	12/31/2021
IDEA Club Connect	January 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	January 2018 IDEA Fitness Journal Quiz 2: Benefits of Short Activity Breaks, and Senior Fitness Prevents Social Isolation	1	12/31/2021
IDEA Club Connect	January 2018 IDEA Fitness Journal Quiz 3: Tailor Workouts to Meet Clients' Precise Needs	1	12/31/2021
IDEA Club Connect	January 2018 IDEA Fitness Journal Quiz 4: Small Diet Changes for Big Results	1	12/31/2021
IDEA Club Connect	January 2019 IDEA Fitness Journal Quiz	1	12/31/2021
IDEA Club Connect	July/August 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	1	12/31/2021
IDEA Club Connect	July/August 2017 IDEA Fitness Journal Quiz 2: Separating Fact From Fiction in Health News	1	12/31/2021
IDEA Club Connect	July/August 2017 IDEA Fitness Journal Quiz 3: Ergonomics for Fitness Professionals	1	12/31/2021
IDEA Club Connect	July/August 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	July/August 2018 IDEA Fitness Journal Quiz 2: Using Circadian Rhythms to Guide Eating Schedules	1	12/31/2021
IDEA Club Connect	July/August 2018 IDEA Fitness Journal Quiz 3: How the Human Microbiome Affects Overall Health	1	12/31/2021
IDEA Club Connect	July/August 2018 IDEA Fitness Journal Quiz 4: Women and Physical Activity	1	12/31/2021
IDEA Club Connect	July-August 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	July-August 2019 IDEA Fitness Journal Quiz 2: Using a Plant-Centered Diet to Control Inflammatory Responses	1	12/31/2021
IDEA Club Connect	July-August 2019 IDEA Fitness Journal Quiz 3: The Facts on Popular Nutrition Topics	1	12/31/2021
IDEA Club Connect	June 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	1	12/31/2021
IDEA Club Connect	June 2017 IDEA Fitness Journal Quiz 2: Benefits of Exercise for Children, and Helping Stroke Survivors	1	12/31/2021
IDEA Club Connect	June 2017 IDEA Fitness Journal Quiz 3: Coach Clients Through Behavior Change	1	12/31/2021
IDEA Club Connect	June 2018 IDEA Fitness Journal Quiz 2: The Efficiency of HIIT, and Ground-to-Standing Exercises for Older Adults	1	12/31/2021
IDEA Club Connect	June 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021

IDEA Club Connect	June 2018 IDEA Fitness Journal Quiz 3: Methods That Encourage Behavior Change	1	12/31/2021
IDEA Club Connect	June 2018 IDEA Fitness Journal Quiz 4: The Risks of Bone Loss	1	12/31/2021
IDEA Club Connect	June 2019 IDEA Fitness Journal Quiz 1: The Importance of Volume in Resistance Training, and Fitness for Women After Childbirth	1	12/31/2021
IDEA Club Connect	June 2019 IDEA Fitness Journal Quiz 2: Using Motivational Interviewing to Drive Behavior Change	1	12/31/2021
IDEA Club Connect	June 2019 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Dietary Changes for Lung Health	1	12/31/2021
IDEA Club Connect	Let's Get Dynamic!	2	12/31/2021
IDEA Club Connect	Loaded Mobility Training	1	12/31/2021
IDEA Club Connect	Lower-Extremity Mechanics and Techniques	2	12/31/2021
IDEA Club Connect	March 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Nutrition News	1	12/31/2021
IDEA Club Connect	March 2017 IDEA Fitness Journal Quiz 2: Common Athletic Supplements, and Stay Active by Filtering Inner Dialogue	1	12/31/2021
IDEA Club Connect	March 2017 IDEA Fitness Journal Quiz 3: Effect of Evidence on Experts' Eating Habits	1	12/31/2021
IDEA Club Connect	March 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	March 2018 IDEA Fitness Journal Quiz 2: New Blood Pressure Guidelines, and Functional Training for Older Adults	1	12/31/2021
IDEA Club Connect	March 2018 IDEA Fitness Journal Quiz 3: Why Lost Weight Comes Back	1	12/31/2021
IDEA Club Connect	May 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Periodized Weight Training for Women	1	12/31/2021
IDEA Club Connect	May 2017 IDEA Fitness Journal Quiz 2: Water Fitness Trends	1	12/31/2021
IDEA Club Connect	May 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Improving Performance Through Intense Concentration	1	12/31/2021
IDEA Club Connect	May 2018 IDEA Fitness Journal Quiz 2: Walking for Functional Health: Gait Speed and Biomechanics	1	12/31/2021
IDEA Club Connect	May 2018 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and A New Solution to Obesity and Chronic Disease	1	12/31/2021
IDEA Club Connect	May 2019 IDEA Fitness Journal Quiz 1: The Multifaceted Benefits of Exercise & Simple Lifestyle Changes for Senior Health	1	12/31/2021
IDEA Club Connect	May 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Game-Changing Work of a Health Coach	1	12/31/2021
IDEA Club Connect	May 2019 IDEA Fitness Journal Quiz 3: Pushing Past the Limits of a Barbell With Variable Lifting	1	12/31/2021
IDEA Club Connect	May 2019 IDEA Fitness Journal Quiz 4: How Weightlifting Changes Metabolism	1	12/31/2021
IDEA Club Connect	Motivational Interviewing: Help Clients Own the Talk That Drives the Walk	1	12/31/2021
IDEA Club Connect	Neuroscience for the Fitness Professional: Ho	1	12/31/2021
IDEA Club Connect	November/December 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Improving Recovery Strategies	1	12/31/2021
IDEA Club Connect	November/December 2017 IDEA Fitness Journal Quiz 2: Healing Diastasis Recti, and Exercise for People with Alzheimer's	1	12/31/2021
IDEA Club Connect	November/December 2017 IDEA Fitness Journal Quiz 3: Preserve Cognitive Functions and Stave Off Dementia	1	12/31/2021
IDEA Club Connect	November/December 2017 IDEA Fitness Journal Quiz 4: The Health Benefits of Yoga	1	12/31/2021
IDEA Club Connect	November/December 2017 IDEA Food and Nutrition Tips Quiz 1: Evolution of the DGA	1	12/31/2021
IDEA Club Connect	November/December 2018 IDEA Fitness Journal Quiz 2: The Role of Exercise and the Endocrine System in Healthy Aging	1	12/31/2021
IDEA Club Connect	November/December 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	November/December 2018 IDEA Fitness Journal Quiz 3: Snowboarder Training, and Cardio & Strength Training for Young Women	1	12/31/2021
IDEA Club Connect	November/December 2018 IDEA Fitness Journal Quiz 5: Healthy Diets and Cognitive Functions, and Common Food Myths	1	12/31/2021
IDEA Club Connect	November/December 2018 IDEA Fitness Journal Quiz 4: Motivating Clients to Make Lasting Changes in Nutrition	1	12/31/2021
IDEA Club Connect	November-December 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Complex Training for Athletes	1	12/31/2021
IDEA Club Connect	November-December 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and Breakfast Carbs for Improved Muscle Performance	1	12/31/2021
IDEA Club Connect	November-December 2019 IDEA Fitness Journal Quiz 3: Athletic Training for Senior Clients	1	12/31/2021
IDEA Club Connect	Obstacle Courses for Boot Camps and Beyond	1	12/31/2021
IDEA Club Connect	October 2017 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Understanding Protein Supplements	1	12/31/2021
IDEA Club Connect	October 2017 IDEA Fitness Journal Quiz 2: Exercises for Shoulder Injury Prevention, and A Guide for Emotion Control	1	12/31/2021
IDEA Club Connect	October 2017 IDEA Fitness Journal Quiz 3: Food and Nutrition News, and Understanding Overeating	1	12/31/2021
IDEA Club Connect	October 2017 IDEA Fitness Journal Quiz 4: Support Clients With Disordered Eating	1	12/31/2021
IDEA Club Connect	October 2018 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Assessing Clients' Risk of Cardiovascular Disease	1	12/31/2021
IDEA Club Connect	October 2018 IDEA Fitness Journal Quiz 2: Limiting Biological Damage With Exercise, and Aquatic Mindful Movement	1	12/31/2021
IDEA Club Connect	October 2018 IDEA Fitness Journal Quiz 3: Coaching Teens for Better Health, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	October 2019 IDEA Fitness Journal Quiz 1: The Physiology of Muscle Cramps, and Discussing Bone Health With Clients	1	12/31/2021
IDEA Club Connect	October 2019 IDEA Fitness Journal Quiz 2: Food and Nutrition News, and the Adverse Effects of Artificial Sweeteners	1	12/31/2021
IDEA Club Connect	October 2019 IDEA Fitness Journal Quiz 3: The Truth About Small Meals and Fasting	1	12/31/2021
IDEA Club Connect	Olympic Lifting—The Mechanics and Progressi	1	12/31/2021
IDEA Club Connect	Pilates on a Ball	1	12/31/2021
IDEA Club Connect	Power Medicine Ball Drills for Groups	2	12/31/2021
IDEA Club Connect	Precision Nutrition: How to Fix a Broken Diet	2	12/31/2021
IDEA Club Connect	PRODUCE More Revenue	1	12/31/2021
IDEA Club Connect	Progressing Clients From Function to Performa	1	12/31/2021
IDEA Club Connect	Protein Master Class: Health, Performance and	2	12/31/2021
IDEA Club Connect	Putting Heart into Mind-Body Training	2	12/31/2021
IDEA Club Connect	Rescue Your Knees - Look at Your Feet	1	12/31/2021
IDEA Club Connect	Reversing the Invisible Epidemic: Coaching People Who Have Prediabetes	1	12/31/2021
IDEA Club Connect	Run Injury Free! Understanding Impact Forces	2	12/31/2021
IDEA Club Connect	Sculpting the Ultimate Coach Within: How to Deliver Remarkable Client Results While Blazing an Epic Career Path	1	12/31/2021
IDEA Club Connect	September 2017 IDEA Fitness Journal Quiz 1: Functional Aging	1	12/31/2021
IDEA Club Connect	September 2017 IDEA Fitness Journal Quiz 2: Sports Nutrition	1	12/31/2021
IDEA Club Connect	September 2017 IDEA Fitness Journal Quiz 3: Brain Health	1	12/31/2021

IDEA Club Connect	September 2018 IDEA Fitness Journal Quiz 1: Fitness Technology Research and Sports Biomechanics	1	12/31/2021
IDEA Club Connect	September 2018 IDEA Fitness Journal Quiz 2: Encouraging a New Generation of Healthy Young People	1	12/31/2021
IDEA Club Connect	September 2018 IDEA Fitness Journal Quiz 3: Food and Nutrition News	1	12/31/2021
IDEA Club Connect	September 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	September 2019 IDEA Fitness Journal Quiz 2: Evaluating the Health Risks of Obesity, and Transverse-Plane Core Work in Foundational Training	1	12/31/2021
IDEA Club Connect	September 2019 IDEA Fitness Journal Quiz 3: Pilates for Core Conditioning and Coping With Chronic Illness	1	12/31/2021
IDEA Club Connect	SGT Ken® and Stephanie's Fitness Business Basics	8	12/31/2021
IDEA Club Connect	SGT Ken's Boot Camp® Instructor Certification	8	12/31/2021
IDEA Club Connect	Shoulder Function, Assessment and Reaction	2	12/31/2021
IDEA Club Connect	Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change	1	12/31/2021
IDEA Club Connect	Solutions for Training Post-pregnancy Clients	2	12/31/2021
IDEA Club Connect	SparkPro Training DPP Group Lifestyle Balance Lifestyle Coach Training	14	12/31/2021
IDEA Club Connect	Spine-Focused Self-Myofascial Release	2	12/31/2021
IDEA Club Connect	The 3D Fascial Core	1	12/31/2021
IDEA Club Connect	The Current and Future State of Health Coaching	1	12/31/2021
IDEA Club Connect	The Female Lumbo-Pelvic Complex	2	12/31/2021
IDEA Club Connect	The Female Physique: The Link Between Nutrition, Hormones and Strength Training!	2	12/31/2021
IDEA Club Connect	The Hip Bone Is Connected to the First Metatarsal	2	12/31/2021
IDEA Club Connect	The HOPE Solution: How Our Purpose Empowers!	1	12/31/2021
IDEA Club Connect	The Matrix - Innovative Group Strength Design	2	12/31/2021
IDEA Club Connect	The Mobile Health Map: Inspiring Your Clients and Your Business	1	12/31/2021
IDEA Club Connect	The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits	1	12/31/2021
IDEA Club Connect	The Nuts and Bolts of Diabetes Prevention Pro	1	12/31/2021
IDEA Club Connect	The Roll Model® Fascial Makeover: Prioritize Your Periphery	2	12/31/2021
IDEA Club Connect	ThinkFit™ Flexibility: Dynamic Stretching Tricks and Tools	2	12/31/2021
IDEA Club Connect	Three-Dimensional Kettlebell Training, by Functional Training Institute	2	12/31/2021
IDEA Club Connect	To Dairy or Not to Dairy? Translating the Science for Your Clients	1	12/31/2021
IDEA Club Connect	Train Stations	1	12/31/2021
IDEA Club Connect	Training Two at Once: The Power of Collaborating	2	12/31/2021
IDEA Club Connect	Translating Today's Nutrition Science for Your Clients	1	12/31/2021
IDEA Club Connect	TriggerPoint™ Corrective Strategies for Hip Dysfunction	2	12/31/2021
IDEA Club Connect	TriggerPoint™ for Movement: Hip and Shoulder Mobility	2	12/31/2021
IDEA Club Connect	TriggerPoint™: Corrective Strategies for the Foot and Ankle	2	12/31/2021
IDEA Club Connect	TriggerPoint™: Myofascial Compression™ Techniques for Injury Prevention and Better Movement	2	12/31/2021
IDEA Club Connect	21st Century Body Sculpt	1	12/31/2021
IDEA Club Connect	A Different Look at Core Training: The Backside	2	12/31/2021
IDEA Club Connect	ACSM: Exercise Is Medicine (EIM)—From Doctor to Trainer to Client Success!	2	12/31/2021
IDEA Club Connect	Advanced And Progressive Mechanics Of Lifting And Strength Training	1	12/31/2021
IDEA Club Connect	Advanced Corrective Exercise	3	12/31/2021
IDEA Club Connect	Anatomy in 3 Dimensions®: Common Knee Problems and Solutions	2	12/31/2021
IDEA Club Connect	Anatomy in Three Dimensions®: The Shoulder	2	12/31/2021
IDEA Club Connect	Anatomy of a Fitness Business	2	12/31/2021
IDEA Club Connect	Anatomy: Reconnect With Your Spine Muscles	2	12/31/2021
IDEA Club Connect	Assessment and Corrective Exercise Strategies for Improved Shoulder Function	2	12/31/2021
IDEA Club Connect	Back to Basics With Anatomy	1	12/31/2021
IDEA Club Connect	Balancing Hormones for Optimal Weight Loss	2	12/31/2021
IDEA Club Connect	Balancing Hormones through Nutrition	2	12/31/2021
IDEA Club Connect	Battle Rope Mastery	1	12/31/2021
IDEA Club Connect	Beyond Randomness: Exercise Selection Based on Movement Screening	1	12/31/2021
IDEA Club Connect	Body Leverage Training: No Equipment? No Problem!	2	12/31/2021
IDEA Club Connect	Boot Camp Complete CEC Course	4	12/31/2021
IDEA Club Connect	Can Technology Be Harnessed to Inspire Lasting Behavior Change?	1	12/31/2021
IDEA Club Connect	Communicating With Your Female Clients for Breakthrough Results	2	12/31/2021
IDEA Club Connect	Complete Program Design for the Obese/Overweight Client	2	12/31/2021
IDEA Club Connect	Core Connections: Progression Strategies to Enhance Core Function	2	12/31/2021
IDEA Club Connect	Corrective Exercise Specialty Certificate Program	16	12/31/2021
IDEA Club Connect	Creative Circuits—Five Steps to Better Program Design	1	12/31/2021
IDEA Club Connect	Cue Movement and Exercise With Abdominal Anatomy, by NFPT	1	12/31/2021
IDEA Club Connect	Eating a Lower Inflammatory Diet	1	12/31/2021
IDEA Club Connect	Eating for Energy CEC Course	2	12/31/2021
IDEA Club Connect	Extreme Interval Training CEC Course	3	12/31/2021
IDEA Club Connect	Fascial Line Mobility	1	12/31/2021
IDEA Club Connect	Food for Thought: Brain, Gut, Microbes, Diet	2	12/31/2021
IDEA Club Connect	From The Hip	2	12/31/2021

IDEA Club Connect	Functional Circuits for Aging Clients	2	12/31/2021
IDEA Club Connect	Functional Power Training for Older Clients	2	12/31/2021
IDEA Club Connect	GENERATE Buzz With Simple Marketing	1	12/31/2021
IDEA Club Connect	Going For Greatness! Business Solutions for Entrepreneurs CEC Course	3	12/31/2021
IDEA Club Connect	Goodbye Infobesity, Hello Action Plan!	1	12/31/2021
IDEA Club Connect	HeartCore Circuit Training: The New Edition Course	2	12/31/2021
IDEA Club Connect	Help Your Clients Change Anything® Course	2	12/31/2021
IDEA Club Connect	Hidden Secrets To Core Performance	2	12/31/2021
IDEA Club Connect	HIITs Blitz	1	12/31/2021
IDEA Club Connect	How Hormones and Metabolism Change the Training Game for Females	2	12/31/2021
IDEA Club Connect	How to Lead Unforgettable In-Person and Virtual Fitness Classes	1.5	12/31/2021
IDEA Club Connect	I Q U Do: The Art of Intelligent Coaching	1	12/31/2021
IDEA Club Connect	Improving Hip and Trunk Rotation CEC Course	2	12/31/2021
IDEA Club Connect	Insights Into Functional Training and Corrective Movement	2	12/31/2021
IDEA Club Connect	Insights Into Lower Back Pain & Functional Solutions	2	12/31/2021
IDEA Club Connect	Integrated Back Rehabilitation—Regression to Progression Course	5	12/31/2021
IDEA Club Connect	Intermittent Fasting: Science or Fiction?	2	12/31/2021
IDEA Club Connect	It Takes Guts! Connecting the Brain, Diet and Microbiome	1	12/31/2021
IDEA Club Connect	Kettlebell Rehab: Hardstyle Methods in Corrective Exercise	2	12/31/2021
IDEA Club Connect	Little Tweaks for Big Results!	1	12/31/2021
IDEA Club Connect	Make Your Barre Classes a HIIT	2	12/31/2021
IDEA Club Connect	Mastering Fat Metabolism & Weight Management	8	12/31/2021
IDEA Club Connect	Metabolic Disruption	1	12/31/2021
IDEA Club Connect	Motivational Interviewing Skills Produce Targeted Results	1	12/31/2021
IDEA Club Connect	NASM: Movement Prep — The New WarmUp	2	12/31/2021
IDEA Club Connect	Nutrition and PostExercise Recovery: It's Not Just About Protein and Carbohydrates Anymore	2	12/31/2021
IDEA Club Connect	Nutrition Basics and Nutrient Timing: What All Fitness Professionals Should Know	2	12/31/2021
IDEA Club Connect	Optimize Function and Mobility with Strong and Stable Shoulders and Glutes	2	12/31/2021
IDEA Club Connect	Pain Free Movement—The Science and Application	2	12/31/2021
IDEA Club Connect	Pilates 50/50	2	12/31/2021
IDEA Club Connect	Pilates Is Functional Training	2	12/31/2021
IDEA Club Connect	Pilates on the Ball	1	12/31/2021
IDEA Club Connect	Posture Improvement Workshop	1	12/31/2021
IDEA Club Connect	Power Core for Sports and Fitness Performance	2	12/31/2021
IDEA Club Connect	Promote Behavior Change With Better Coaching	2	12/31/2021
IDEA Club Connect	Protein Obsessed: Sorting the Truth From the Hype	1	12/31/2021
IDEA Club Connect	Protein Overload: Are You Eating More Than You Need?	2	12/31/2021
IDEA Club Connect	REACH More Clients: Be Loud and Proud	1	12/31/2021
IDEA Club Connect	Research on the Core: Understanding the Basics CEC Course	2	12/31/2021
IDEA Club Connect	Restoring Fundamental Movement Patterns with Corrective Strategies	2	12/31/2021
IDEA Club Connect	Rock Solid!	1	12/31/2021
IDEA Club Connect	Scapular Stability: Shouldering the Load	2	12/31/2021
IDEA Club Connect	Shouldering The Load From The Ground Up	2	12/31/2021
IDEA Club Connect	Sleep Science for Fitness Professionals	1	12/31/2021
IDEA Club Connect	Small -Group Training: A win Win !	2	12/31/2021
IDEA Club Connect	SmallGroup and partners training CEC Course	4	12/31/2021
IDEA Club Connect	Spinal Stabilization Versus Pelvic Stabilization	2	12/31/2021
IDEA Club Connect	Strength Training for Optimal Results	1	12/31/2021
IDEA Club Connect	Techniques to Rehabilitate and Protect the Knees	2	12/31/2021
IDEA Club Connect	The Better, Not Perfect, Nutrition Plan	2	12/31/2021
IDEA Club Connect	The Business of Group Exercise Beyond the Numbers	2	12/31/2021
IDEA Club Connect	The BYOB Workout	1	12/31/2021
IDEA Club Connect	The Death of Crunches: 20 True Core Exercises	2	12/31/2021
IDEA Club Connect	The Female Glute Relocation Program	2	12/31/2021
IDEA Club Connect	The Female LumboPelvic Complex	2	12/31/2021
IDEA Club Connect	The Female Physique: The Link Between Nutrition, Hormones and Strength Training	2	12/31/2021
IDEA Club Connect	The Forgotten Five: Essential Muscles for Functional Movement	2	12/31/2021
IDEA Club Connect	The New ACE Integrated Fitness Training Model Course	6	12/31/2021
IDEA Club Connect	The Online Fitness Frontier	2	12/31/2021
IDEA Club Connect	The Science and Application of Metabolic Training	2	12/31/2021
IDEA Club Connect	The Science of Functional Aging	2	12/31/2021
IDEA Club Connect	The Ultimate Light Dumbbell Workout	2	12/31/2021
IDEA Club Connect	The Warm Up Makeover: Start With A Bang!	2	12/31/2021
IDEA Club Connect	Today's Food Conversation	1	12/31/2021

IDEA Club Connect	Total Massage, Relaxation and Beyond	1	12/31/2021
IDEA Club Connect	Training Fascia— Research Developments in Fibrous Connective Tissue Training	2	12/31/2021
IDEA Club Connect	TRX®: Training for Active Seniors	2	12/31/2021
IDEA Club Connect	Ultimate Back Exercises for Injury Prevention and Performance	2	12/31/2021
IDEA Club Connect	Ultimate Program Design—Upper Body and Core Course	2	12/31/2021
IDEA Club Connect	Ultimate Six Course	2	12/31/2021
IDEA Club Connect	Understanding and Interpreting the Functional Movement Screen	2	12/31/2021
IDEA Club Connect	Understanding the Female Pelvic Core Neuromuscular System	2	12/31/2021
IDEA Club Connect	Upper Extremity Mechanics and Techniques	2	12/31/2021
IDEA Club Connect	Using Function to Avoid Dysfunction in Aging	2	12/31/2021
IDEA Club Connect	Vital Anatomy/Functional Applications	3	12/31/2021
IDEA Club Connect	Weighing the Evidence Behind Nutrition Research	1	12/31/2021
IDEA Club Connect	Whole Food, Plant Based Fuel for Fitness	1.5	12/31/2021
IDEA Club Connect	Winning Group Strength Program Design	2	12/31/2021
IDEA Club Connect	XiT Extreme Interval Training: 2nd Edition	2	12/31/2021
IDEA Club Connect	Yoga Anatomy 101 Certificate	10	12/31/2021
IDEA Club Connect	Yoga for Optimal Client Performance	2	12/31/2021
IDEA Club Connect	Yoga: Progressions and Regressions	2	12/31/2021
IDEA Club Connect	Your Guide to Stronger Legs and Great Glutes!	2	12/31/2021
IDEA Club Connect	January 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Essential Elements of Teaching Yoga	1	12/31/2021
IDEA Club Connect	January 2019 IDEA Fitness Journal Quiz 2: Exercise and Mental Health, and Benefits of Effortful Learning	1	12/31/2021
IDEA Club Connect	January 2019 IDEA Fitness Journal Quiz 3: Enhancing Mobility, Stability and Balance With Yoga	1	12/31/2021
IDEA Club Connect	January 2019 IDEA Fitness Journal Quiz 4: Food and Nutrition News, and Helping Clients Improve Nutrient Intake	1	12/31/2021
IDEA Club Connect	February 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	February 2019 IDEA Fitness Journal Quiz 2: Resistance Training for Muscle Size, and Weight Training for Women	1	12/31/2021
IDEA Club Connect	March 2019 IDEA Fitness Journal Quiz 1: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	March 2019 IDEA Fitness Journal Quiz 2: Tips for Sports Enthusiasts, and Preparing Older Adults for Active Vacations	1	12/31/2021
IDEA Club Connect	March 2019 IDEA Fitness Journal Quiz 3: Coaching Clients to Embrace New Food Experiences	1	12/31/2021
IDEA Club Connect	February 2019 Idea Fitness Journal Quiz: Health and Fitness News, and Food and Nutrition News	1	12/31/2021
IDEA Club Connect	ACE Integrated Training Model	6	12/31/2021
IDEA Club Connect	GRID Foam Rolling foundations	1.5	12/31/2021
IDEA Club Connect	Importance of Proper Glute Training: Part 1	1	12/31/2021
IDEA Club Connect	Best Practices in the New Normal	15	12/31/2021
IDEA Club Connect	GRID Foam Rolling: Foundations	1	12/31/2021
IDEA Club Connect	Low Back Pain: Prevention and Intervention	2	12/31/2021
IDEA Club Connect	Extreme Interval Training - CEC Course	3	12/31/2021
Institute of Motion	Applied Health and Human Performance Specialist Level 2	27	12/31/2021
Institute of Motion	ViPR PRO Fundamentals Mobile	7	12/31/2021
ISSA: Jason Vaught	Certified Nutritionist ISSA (International Sports Sciences Assoc.)	20	12/31/2021
Keli Milton Breathe Pilates studio	Basics of the body arts and science international Pilates foundation and graduate program	20	12/31/2021
Logan Dube	Nashfit Level 1	20	12/31/2021
Logan Dube - BCPTI	nashFIT 1 - Trainer Fundamentals	20	12/31/2021
National Academy of Sports Medicine (NASM)	Corrective Exercise Specialist Certification	18	12/31/2021
National Academy of Sports Medicine (NASM)	Performance Enhancement Specialist	18	12/31/2021
National Academy of Sports Medicine (NASM)	MMA Conditioning Specialist (MMACS)	12	12/31/2021
National Academy of Sports Medicine (NASM)	NASM- Certified Nutrition Coach	19	12/31/2021
National Academy of Sports Medicine (NASM)	Certified Nutrition Coach	19	12/31/2021
National Academy of Sports Medicine (NASM)	High Intensity Interval Training-Programming with Body Weight, Towels, and Bands	1	12/31/2021
National Academy of Sports Medicine (NASM)	NASM Corrective Exercise Specialist	18	12/31/2021
National Academy of Sports Medicine (NASM)	CES Programming: Bootcamp	1	12/31/2021
National Academy of Sports Medicine (NASM)	Importance of Proper Glute Training: Part 1	1	12/31/2021
NSCA	Certified Strength and Conditioning Specialist	20	12/31/2021
Precision Nutrition	Dietary Strategies: How to Coach a Macros Based Diet?	12	12/31/2021
Precision Nutrition	Dietary Strategies: How to Coach a Plant Based Diet?	9	12/31/2021
Precision Nutrition	Dietary Strategies: How to Coach Intermittent Fasting?	8	12/31/2021
Precision Nutrition	Nutrition Coaching for Athletes: How to Coach an Athlete	16	12/31/2021
Precision Nutrition	Level 1 Certification	20	12/31/2021
Precision Nutrition	Level 2 Master Class	20	12/31/2021
Precision Nutrition	Change Psychology- How to talk to clients to help them change	12	12/31/2021
Precision Nutrition	Dietary Strategies: How to Coach a Macros Based Diet?	12	12/31/2021
Precision Nutrition	Dietary Strategies: How to Coach a Plant Based Diet?	9	12/31/2021
Precision Nutrition	Dietary Strategies: How to Coach Intermittent Fasting?	8	12/31/2021
Precision Nutrition	Nutrition Coaching for Athletes: How to Coach an Athlete	16	12/31/2021
Precision Nutrition	Nutrition for Metabolic Health	20	12/31/2021

Precision Nutrition	Change Behavior	20	12/31/2021
Precision Nutrition	Nutrition Coaching for Athletes: How to create personalized nutrition programs	10	12/31/2021
Precision Nutrition	Level 1 Certification	20	12/31/2021
Precision Nutrition	Level 2 Master Class	20	12/31/2021
PTA Global	JTA Subject Matter Expert	10	12/31/2021
PTA Global	JTA Subject Matter Expert	10	12/31/2021
PTA Global	FasTrack 2-Day Live Course	16	12/31/2021
PTA Global	Mindset Performance Credential Level 1	10	12/31/2021
PTA Global	Behavior Change in Exercise Credential	20	12/31/2021
PTA Global	Foundations Course	20	12/31/2021
PTA Global	Apprenticeship, 2-Day	15	12/31/2021
PTA Global	Mentorship 1 - Two Day Event	15	12/31/2021
PTA Global	Mentorship 2 - Two Day Event	15	12/31/2021
PTA Global	Motivation, Movement, and Program Design	2	12/31/2021
PTA Global	Creating Behavior-Based Programs	2	12/31/2021
PTA Global	Gaining and Retaining Clients	2	12/31/2021
PTA Global	Personalizing Your Group Training Experience	2	12/31/2021
PTA Global	Mentorship 1 - Three Day Event	20	12/31/2021
PTA Global	Mentorship 2 - Three Day Event	20	12/31/2021
PTA Global	FasTrack 2-Day Live Course	16	12/31/2021
PTA Global	FasTrack in Personal Training	8	12/31/2021
PTA Global	Mindset Performance Credential Level 2	10	12/31/2021
PTA Global	Exercise & Stress Management	10	12/31/2021
PTA Global	Solutions in Selling	4	12/31/2021
PTA Global	Solutions in Selling	4	12/31/2021
PTA Global	Train to Retain Workshop	8	12/31/2021
PTA Global	Rapid Results Workshop	8	12/31/2021
PTA Global	Train to Retain Workshop	8	12/31/2021
PTA Global	Rapid Results Workshop	8	12/31/2021
PTA Global	Solutions in Selling Workshop (4-hour)	4	12/31/2021
PTA Global	Solutions in Selling Workshop (4-hour)	4	12/31/2021
PTontheNet	Motivating Clients	1	12/31/2021
PTontheNet	Functional Program Design	2	12/31/2021
PTontheNet	Introduction to Functional Equipment	4	12/31/2021
PTontheNet	Social Media Marketing for Fitness Professionals	1	12/31/2021
PTontheNet	Fibromyalgia and Exercise	4	12/31/2021
PTontheNet	Respiratory Disease and Exercise	4	12/31/2021
PTontheNet	Pregnancy Fitness	4	12/31/2021
PTontheNet	Stroke Recovery and Fitness	4	12/31/2021
PTontheNet	Exercise Programming for Active Older Adults	4	12/31/2021
PTontheNet	Essentials of Older Adult Exercise Assessment and Program Design for Preventing Falls	4	12/31/2021
PTontheNet	Training Clients with Knee or Hip Replacements	4	12/31/2021
PTontheNet	Introduction to Cancer Exercise	4	12/31/2021
PTontheNet	Essentials of Cardiovascular Disease for the Fitness Professional	4	12/31/2021
PTontheNet	Fundamentals for Training the Older Adult Client with Osteoarthritis	4	12/31/2021
PTontheNet	Working with Clients with Diabetes or Pre-diabetes	4	12/31/2021
PTontheNet	Client Relations and Business Management	2	12/31/2021
PTontheNet	CEC Exam 54: Understanding Fascia's Role in Movement and Training	1	12/31/2021
PTontheNet	CEC Exam 55: Strategies for Assessing and Improving Balance	2	12/31/2021
PTontheNet	CEC Exam 52: Effects of Hormones on Exercise & Well-Being	2	12/31/2021
PTontheNet	CEC Exam 53: Understanding & Performing Valuable Fitness Assessments	2	12/31/2021
PTontheNet	CEC Exam 56: Programming for Injury	1	12/31/2021
PTontheNet	CEC Exam 57: Closing the Sale	2	12/31/2021
PTontheNet	Exam 58: Small Group Personal Training	2	12/31/2021
PTontheNet	Exam 59: Re-assessments	2	12/31/2021
PTontheNet	Holistic Health & Stress Management	1	12/31/2021
PTontheNet	Time Management	2	12/31/2021
PTontheNet	Prospecting	2	12/31/2021
PTontheNet	Loaded Exercises & Movement Based Training	3	12/31/2021
PTontheNet	Renewals & Referrals	2	12/31/2021
PTontheNet	Coaching	2	12/31/2021
PTontheNet	Professionalism	2	12/31/2021
PTontheNet	Stress Response to Exercise	2	12/31/2021
PTontheNet	What Makes a Successful Personal Trainer	2	12/31/2021

PTontheNet	CEC Exam 72 - Insurance Coverage and Claims for Fitness Professionals	2	12/31/2021
PTontheNet	CEC Exam 73 - Advanced Fitness Sales	1	12/31/2021
PTontheNet	CEC Exam 74 - BOSU Balance Trainer Power Programming	1	12/31/2021
PTontheNet	CEC Exam 75 - Social Media Marketing for Fitness Professionals	1	12/31/2021
PTontheNet	CEC Exam 76 - Introduction to Functional Equipment	2	12/31/2021
PTontheNet	CEC Exam 77 - 8 Disciplines of Front Line Excellence	1	12/31/2021
PTontheNet	CEC Exam 71: Indoor Rowing Technique and Programming	1	12/31/2021
PTontheNet	Personal Training Sales	4	12/31/2021
PTontheNet	CEC Exam 24: Special Populations	2	12/31/2021
PTontheNet	Track 8: S.M.A.R.T. Check, Biometric Data Collection and Reassessments	3	12/31/2021
PTontheNet	Track 6: Movement Assessments	3	12/31/2021
PTontheNet	Track 3: Part 1 Sales and Customer Service, Using the Participant Intake Assessment	3	12/31/2021
PTontheNet	CEC Exam 49: Addressing and Preventing Low Back Pain	2	12/31/2021
PTontheNet	CEC Exam 50: Strength Training Program Design	2	12/31/2021
PTontheNet	CEC Exam 51: Take Charge of Your Personal Training Services & Grow Your Business	2	12/31/2021
PTontheNet	CEC Exam 22: Functional Integrated Training	2	12/31/2021
PTontheNet	CEC Exam 25: Periodization	2	12/31/2021
PTontheNet	CEC Exam 26: Flexibility Training	2	12/31/2021
PTontheNet	CEC Exam 27: Youth Training	2	12/31/2021
PTontheNet	CEC Exam 28: Core Training	2	12/31/2021
PTontheNet	CEC Exam 29: Functional Program Design	2	12/31/2021
PTontheNet	CEC Exam 30: Functional Flexibility	2	12/31/2021
PTontheNet	CEC Exam 31: Strength Training	2	12/31/2021
PTontheNet	CEC Exam 32: Female Training	2	12/31/2021
PTontheNet	CEC Exam 33: The Muscular System	2	12/31/2021
PTontheNet	CEC Exam 34: Client Relations & Business Management	2	12/31/2021
PTontheNet	CEC Exam 35: Program Design: Recovery	2	12/31/2021
PTontheNet	CEC Exam 36: Flexibility	2	12/31/2021
PTontheNet	CEC Exam 37: Client Assessment, Biomechanics, & Metabolism	2	12/31/2021
PTontheNet	CEC Exam 38: Practical Applications of Explosive Lifting and Advanced Strength Training	2	12/31/2021
PTontheNet	CEC Exam 39: Lower Extremity Injury Prevention	2	12/31/2021
PTontheNet	CEC Exam 40: Non-Traditional Strength Training	2	12/31/2021
PTontheNet	Movement Based Flexibility	9	12/31/2021
PTontheNet	Steps to Success	8	12/31/2021
PTontheNet	Outbox Online	2	12/31/2021
PTontheNet	Movement Based Appraisal (MOVE)	2	12/31/2021
PTontheNet	Performance Circuits	1	12/31/2021
PTontheNet	Movement Preparation	1	12/31/2021
PTontheNet	CEC Exam 23: Functional Anatomy	2	12/31/2021
PTontheNet	CEC Exam 41: Principles of Movement-based Training	2	12/31/2021
PTontheNet	CEC Exam 48: Training Prenatal and Postnatal Clients	2	12/31/2021
PTontheNet	CEC Exam 46: Nutrition and Metabolic Syndrome/Insulin Resistance and Inflammation	2	12/31/2021
PTontheNet	CEC Exam 44: Macronutrients and Exercise	2	12/31/2021
PTontheNet	CEC Exam 45: Improving Foot and Gait Mechanics	2	12/31/2021
PTontheNet	CEC Exam 42: Cardiovascular Training	2	12/31/2021
PTontheNet	CEC Exam 43: Fundamentals of Balance	2	12/31/2021
PTontheNet	CEC Exam 47: Corrective Exercise Solutions to Postural and Movement Dysfunction	2	12/31/2021
PTontheNet	Exam 60: Bodyweight Training	2	12/31/2021
PTontheNet	Body Weight Training	2	12/31/2021
Reflexive performance Reset	Reflexive performance Reset	10	12/31/2021
Rumble Roller Foundations Workshop	Rumble Roller 4hr Workshop	4	12/31/2021
Stick Mobility	Stick Mobility Level 1	13	12/31/2021
Tina Grant	FitFlow Yoga Teacher Training	20	12/31/2021
Trigger Point - BCPTI	Multi-tool Mobility - Advanced Self-Myofascial Release Techniques	8	12/31/2021
TRX	2020 TRX Instructor Summit	16	12/31/2021
TRX	TRX Instructor Summit- 2020	16	12/31/2021
TRX	TRX Training Lenses 2.0	1	12/31/2021
TRX	TRX Delivering Your Experience	1	12/31/2021
TRX	TRX Training Unplugged: Balance Technology & Performance	2	12/31/2021
TRX	Suspension Training Course (STC)Virtual	7	12/31/2021
TRX	TRX Training Through the Stages	2	12/31/2021
TRX	Next Level HIIT	2	12/31/2021
TRX	TRX Training in 90 min	2	12/31/2021
TRX	Suspension Training Course (STC) Virtual	5	12/31/2021

TRX	TRX for Yoga -Live Course	8	12/31/2021
TRX	TRX MBody Digital Course	3	12/31/2021
TRX	TRX Training Course	10	12/31/2021
TRX	TRX MAPS Live Course	2	12/31/2021
TRX	TRX MAPS Digital Course	1	12/31/2021
TRX	Group Training Course (GTC)	8	12/31/2021
TRX	Advanced Group Training Course (AGTC)	18	12/31/2021
TRX	TRX SMSTC (Sports Medicine Suspension Train Course)	7	12/31/2021
TRX	TRX RTC (Rip (Trainer) Suspension Training Course)	7	12/31/2021
TRX	Virtual Training Course	5	12/31/2021
University of Florida RecSports	EVOLVE Fitness Symposium	11	12/31/2021