

10 MANIA® Fitness Pro Conventions

DC MANIA® February
CALIFORNIA MANIA® March
FLORIDA MANIA® May
ATLANTA MANIA® July
DALLAS MANIA® August
MIDWEST MANIA® October
BOSTON MANIA® December
LIVE STREAM MANIA® April/June/Sept

SCW MANIA
ABOUT THE CONVENTIONS

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LIVE STREAM CERTIFICATIONS

35+ NATIONALLY
RECOGNIZED CERTIFICATIONS
FROM THE COMFORT &
CONVENIENCE OF HOME.

www.scwfit.com/Online

- ACTIVE AGING
- ACTIVE AGING NUTRITION
- AQUA BARRE
- AQUATIC EXERCISE
- BARRE
- BOXING
- CORE TRAINING
- FLOWING YOGA
- FOAM ROLLING
- FUNCTIONAL FLEXIBILITY
- FUNCTIONAL PILATES
- GROUP EXERCISE
- GROUP FITNESS DIRECTOR/STUDIO OWNER
- GROUP STEP
- GROUP STRENGTH
- HITT
- KETTLEBELL
- KIDS IN MOTION
- LIFESTYLE & BEHAVIORAL COACHING
- MEDITATION
- MIND BODY FUSION
- MORE IN MOTION
- NUTRITION, HORMONES & METABOLISM
- PERFORMANCE STABILITY TRAINING
- PERSONAL TRAINING
- PILATES MATWORK
- PILATES SMALL APPARATUS
- SMALL GROUP TRAINING
- SOCIAL MEDIA
- SPORTS NUTRITION
- TAI CHI
- WATERMOTIONS
- WEIGHT MANAGEMENT
- YOGA I & II

SCW AFAA ACE AEA NASM ACSM AEA NFPT

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20% OFF!

\$6.58/Month or
\$79/year
(Norm. \$8.25 month or \$99/year)

USE CODE: MANIA20

SCW OnDemand

Always On.

500+ Educational Videos
150+ Leading Presenters
20+ Fitness & Health Topics Available

www.scwfit.com/Online

SCW OnDemand is an extensive premium video subscription service that puts instant access to over 500 unique workouts right at your fingertips, 24/7. Available on your computer or mobile device, this exciting collection grows every MANIA as our sessions are filmed live with the top Fitness Industry Presenters.

www.scwfit.com/OnDemand

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ONLINE CEC VIDEOS

Earn CECs in the comfort and convenience of your home!

Online CEC Videos

Earn CECs at Home.

140+ More Videos

scwfit.com/CECs

SCW CEC Online Video Courses allows you to gain continuing education credits (CECs) while broadening your fitness skills. Accepted by SCW, ACE, AFAA, NASM, ACSM, AEA, NFPT and other organizations, these courses include 24/7 streaming videos (filmed live at conventions), power point presentations, exams and downloadable certificates of completion.

www.scwfit.com/CECs

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Virtual Training Certification

Enjoy this one-of-a-kind educational series on how to successfully run a virtual Group Ex class, Personal Training session and progressive program. Everything from start-up to sign off will be addressed to take your training to the next level.

www.scwfit.com/virtualtraining

- Lights
- Camera
- Action

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www.TrainWithTheTrainers.com

TRAIN WITH THE TRAINERS

We're bringing the world's finest trainers directly to you by offering real-time classes at only \$10 each through zoom. Get top notch training and the best fitness education the industry has to offer without even leaving your home.

www.TrainWithTheTrainers.com

jeff howard
SCW STAR PRESENTER

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BODY ACTIVATED

Eric Thomson, CPT

WHAT IS IT?

- WARM UP vs. ACTIVATION
 - Warm up -
 - Activation -
- Anatomical Posture review(why this is so important)
- Equipment choices/needed?

WHO IS IT FOR?

- ALL CLIENTS-but especially your “newbie” clients and those coming back after injury/rehab
- Considerations
 - Experience
 - Client Goals
 - Current Opportunities

WHY TO USE IT?

- Central Nervous System Prep
- Muscle Recruitment
- Mind Muscle Connection
- Improved Mobility
- Better Movement patterns/control/feeling
- Better Results

WHERE TO USE IT?

- Before
- During
- After