

KPOPX FITNESS INSTRUCTORS' COURSE

DURATION: 8 HOURS.

1 hr.	Trainers Practical KpopX Master Class with Creator Maddy Lim & or Master Trainers (This can be in the beginning of the day or end of the day)	1. Practical - dance
30min	<ul style="list-style-type: none"> Theory- Understanding What is KpopX Fitness, the new generation workout <ul style="list-style-type: none"> - Introduction to KpopX Fitness & it's subprograms (Lite, Kids, Abs, Family Bonding) - 4 successful elements– Easy. Popular. Intense. Creative (EPIC) 	1. Lecture 2. Video 3. Case Study
(1.5 hour)	<ul style="list-style-type: none"> Practical – Trainers' Basic Skills in mastering Choreographies <ul style="list-style-type: none"> - Master KpopX Choreographies in an Easy & Fun Way! - Master & Improve the followings; Range of Movements, Music Counting, Fitness posture/safety techniques, facial expressions, Gestures & moves accuracy, Consistency etc. - Experience & learn to execute beautifully 	1. Practical - Dance
45min	<ul style="list-style-type: none"> Theory -Understanding Basic Fitness elements & Dance knowledge in KpopX Fitness <ul style="list-style-type: none"> - Basics Structure of KpopX Fitness Program – 13 songs in 50min - Learn intermittent trainings, fitness intensity & its music arrangements - Learn the psychological effects of music & how to use it to wow, present & grow your classes. 	1. Lecture 2. Video 3. Q & A
30min	<ul style="list-style-type: none"> Theory - Mastering the Arts of Teaching & becoming a successful Trainer <ul style="list-style-type: none"> - Essential teaching Skills - What makes a successful dance fitness trainer - Using classroom techniques e.g. verbal cues along with other body gesture to motivate the class *Practical Exercise to demonstrate the above skills learned. (15min) 	1. Lecture 2. Practical - Role Play
(1. 5 hours)	<ul style="list-style-type: none"> Practical – Trainers' skills – Master the Arts of Teaching while dancing <ul style="list-style-type: none"> - Have fun while mastering the Art of Teaching others effectively. - Practice using the skills to teach others 	1. Practical - Dance 2. Role Play – 3. Group work 4. Checklists
1hr	<ul style="list-style-type: none"> Understanding KpopX Formula, Choreographies, Safety issues & fitness movements <ul style="list-style-type: none"> - Understanding Safety issues & different types of aerobics movements e.g. High impact, Low impact vs low impact High intensity moves. - Low Impact High Intensity Interval Training (HIIT) can grow your participants - Basic rules of KpopX Fitness Choreographies - The making of KpopX Choreographies - Basics - Choreographies Making - KpopX Fitness 	1. Lecture 2. Group work 3. Discussion on various type of moves 4. Presentation
45min	<ul style="list-style-type: none"> Seeking Employment and Help/services after certification How to use the free materials - Receive password to access free videos/materials (worth \$150!) to start dancing & teaching! Q & A Receiving certificate of completion 	1. Lecture 2. Videos 3. Q & A

Instructions:

This is an 8-hour session and having ample rest prior to the day before is highly recommended. This workshop consists of lecture and practical sessions and we try to achieve a goal of learning 5 to 6 songs within this day under practical session.

VERY IMPORTANT: PLEASE Note the above are a rough guideline, different countries topics may vary to cater to their needs and based on consideration. Example. Free job notification is only available in Singapore at this moment.

(Additional topics maybe added in if time permits - e.g. Marketing Tips or choreography making is dependent on the trend of songs releasing by K-POP. (if not enough time, participants can also find all the videos tutorials in our K-membership free access).

The timing listed above is an estimation depending on the learning capabilities & physical stamina of the class overall. Tea Breaks will be given. No lunch Breaks if the course starts from 12pm to 8pm. 45 min lunch will be given for courses that start around 9am.

Well-being

You are encouraged to **do-it-at-own pace** during the practical, inform the trainer if you are unwell, rest or slow down if you need. Bring snacks and water to eat in class if desired. Avoid heavy meals 2 hours before dancing.

What to wear

Wear Covered shoes. Do bring along extra clothes to change and a towel, we will be sweating and dancing alot!!

Plenty of Water to hydrate

Bring Cash to buy K-POPX Clothes! Latest Trendiest K-fashion!

Stay connected

with the creator, master trainers, current trainers and each other on the following social media network.

- Facebook page: KPOPXFITNESS-FIGHTING

Please get in touch with us if you have any questions regarding the workshop training or the program. kpoxfitness@gmail.com. HP 91059821

See you soon and wishing you the very best!

sincerely,
KPOPX FITNESS TEAM.