



THE METHOD

NZ PRESENTS



THE SUSPENSION METHOD

Created by
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& Jane Strickland

The Suspension Method NZ

Info pack

What you need to know

The Suspension Method NZ:

The Suspension Method uses the TRX Suspension trainer to deliver a dynamic, body weight resistance workout. This is a full body workout that works with gravity, body weight and strength based exercises. We pride ourselves in maintaining a high standard of integrity throughout every teacher training and class.

Who we are:

Katie Swift O'Connor;

REPs & CQF Qualified International Pilates, Barre and Fascia Movement Instructor, TRX trained, AISTD & AIDTA Dance Teacher. Fitness programme developer. International Barre teacher trainer. 10+ years International teaching at top studios in London & Auckland. Pre and postnatal speciality and pelvic floor training. Ex professional Dancer with credits including Dance Captain on P&O Cruise lines, UK & International Tours, Musicals, TV and commercial work. Lover of mindful movement, Mum of two and (sometimes) master of the mum juggle.

Jane Strickland;

Professional Dancer, Singer and Choreographer. A certified Barre, Pilates Stick and Hot HIIT Pilates instructor who is back from teaching in London. International career performing and teaching in New Zealand, Australia and overseas. Some of her highlights include, The King & I, X-Factor N.Z, Norwegian Cruise Lines, Nathan Haines, Louana, Frank Booker, Momentum Productions, Dick Johnson, Pleasuredome The Musical and Cats to name a few.

An all round fabulous mover and motivator. An energiser bunny and disco queen who will keep you coming back to class for more.

Who you are:

Someone who has a passion for dynamic movement, fitness and people. You want to expand your skill set. You want to motivate people to move mindfully and safely through this workout method. You *are* dedicated to encouraging people to exercise positively. You want to inspire confidence in your clients!

What does the training look like?

The Suspension Method teacher training is a 16 hour training broken into 2 x 8 hour days. This training works through **'what'** to teach and **'how'** to teach it.

We outline the TRX Suspension trainer, the set up and how to use it. We discuss class structure, history and principles. The training includes over 70 exercises broken down with variations, modifications and advancements.

The course workshops teaching combinations and peer to peer instruction.

We cover warm up exercises, upper body, lower body, standing series, core work and suspension stretches. The exercises you learn are a combination of pilates, barre, yoga, and your gym floor favourites (squats, lunges, press ups etc).

This course is a fitness professional intensive. Prior experience and knowledge in group fitness is encouraged but not necessary.

You will be workshopping and learning with the other course participants teaching exercises, learning what to expect from clients plus how to present modifications, advancements and adjustments to deliver an all round **safe** and **effective** workout.

We will also go through class plans to set you up and assist in preparing you for your energetic suspension classes.

How long is the training?

2x 8 hour days - 16 hours

When is the training?

2024 - TBC

What do I receive at the end?

You will be a certified '*The Suspension Method*' instructor.

This will also qualify you for 10 REPs NZ CPD points.

How much does it cost?

\$650 NZD

Interested in a payment plan?

We require a 50% deposit(\$325) to secure your spot, followed by 4 fortnightly payments(\$81.25). Your deposit must be received by TMNZ a week prior to day one of your training.

What does the cost cover?

- 2 day teacher training
- Full colour printed manual
- Suspension trainer set up and equipment breakdown
- Suspension basic safety
- Basic - intermediate suspension exercises
- Advanced & creative suspension exercises
- Every single exercise taught. We will teach you how to set up, cue, sequence and programme classes
- Peer to peer teaching offered during training
- Creative and innovative programming with extensive experience - imperative for 'linking' your programming and classes
- Ongoing mentorship

Why train with us?

- We're New Zealand owned and created
- You will be able to teach a suspension class anywhere
- Over 20 years of combined fitness teaching knowledge to share
- Professional and experienced facilitators who believe in delivering world class training to our communities here in Aotearoa
- We care about delivering quality classes to every client & body type
- We know *The Suspension Method* works and delivers results to clients
- Once qualified you will be entered onto our database of instructors for ongoing work, covers, peer to peer connection and business to instructor networks

If you have questions

- Email: themethodnz@gmail.com
- Or sometimes it's nice to have a chat, we're happy for you to call us (during daylight hours).

