



THE METHOD

NZ PRESENTS



# THE SUSPENSION METHOD

Created by  
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Katie Swift O'Connor  
& Jane Strickland





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## What you need to know

### The Suspension Method NZ:

**The Suspension Method** 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. The Suspension Method combines elements of Pilates, Traditional HiIT movements, Plyometrics as well as specific Isotonic and Isometric movements to sculpt, challenge and work the whole body. The use of a great soundtrack and innovative structuring to help you programme killer workouts for yourself and your clients, keeping this a fresh and inspired way to train.

### Who we are:

#### **Katie Swift O'Connor;**

REPs & CQF Qualified International Pilates, Barre and Fascia Movement Instructor, TRX trained, AISTD & AIDTA Dance Teacher. Barre 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 and overseas. Some of her highlights include, The King & I, X Factor N.Z, Norwegian Cruise Lines, Nathan Haines, Louana Whitney, Momentum Productions, Pleasuredome The Musical and Cats to name a few.

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

#### **Phoebe Jeurissen;**

BSc Communications Degree (2015). Certified TRX instructor, Barre Instructor, Pilates Stick instructor. Taught Sydney's elite boutique Barre studios. Professional Dancer with Princess Cruise Lines. Back from her Sales and Marketing adventure with 7Seas Media, New York. Passionate about putting a smile on each client's face during a workout and meeting them where they are each day.



## **What does the training look like?**

The Suspension Method teacher training is a 16 hour training delivered across two consecutive days. This training works through not just 'what' to teach, but 'how' to teach it. We outline the TRX Suspension trainer, the set up of your equipment and utilisation. We discuss class structure, history and principles. The training includes over 70 exercises broken down with variations, modifications and advancements.

The course includes workshopping teaching combinations and peer to peer instruction-we have found the peer to peer teaching an incredibly valuable tool and skill for learning and retaining movement at a high standard. Feel it in the body, to be able to articulate how to teach it. 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, body weight resistance 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. This workout is great as a standalone provision, but also an incredible asset to existing teachers of other movement disciplines.

Throughout the two days 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 go through class plans to set you up confidently and assist in preparing you for your amazing suspension classes.

## **How long is the training?**

2x 8 hour days - 10.30am - 6.30pm

## **When and where is the training?**

### **Our 2022 course dates:**

February 26th, 27th 2022 - Auckland

June 11th, 12th 2022 - Auckland

October 1st, 2nd 2022 - Hamilton



## What do I receive at the end?

You will be a certified 'The Suspension Method' Instructor, you will receive a hard copy of The Suspension Method NZ certificate\*, access to our VIP Instructor Facebook group and you will be emailed a digital copy of your certificate.

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

## How much does it cost?

\$550 NZD per person

## What does the cost cover?

- 2 days 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 30 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 network.
- You have the option of joining our Facebook group to share Suspend news, updates and questions with us and your peers of current and previous students.
- Support from us doesn't end at the end of the three days, we genuinely care about your journey.



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To apply, please email us specifying the date and location of the training you'd like to participate in and we will get you booked in.

A 50% deposit will secure your spot.  
Payment plans are available.

### **If you have questions or would like to have a chat**

**Email:** [themethodnz@gmail.com](mailto:themethodnz@gmail.com)

Or sometimes it's nice to have a chat, we're happy for you to call us (during daylight hours):

**Phoebe** - 027 236 4944

**Katie** - 021 0838 6938

**Jane** - 027 217 8645



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