

URBAN REBOUNding

INITIAL INSTRUCTOR TRAINING

HOME STUDY CHECKLIST

The traditional Urban Rebounding Instructor Training Workshop lasts from 6 to 8 hours. Expect to spend approximately the same number of hours completing the Urban Rebounding Home Study. Please find included: reading, writing and practical assignments meant to enhance your understanding of Urban Rebounding and develop a proficiency in leading sessions with this unique apparatus. It is Urban Rebounding's expectation that you currently possess a foundational certification in Group Exercise (or Personal Training) from a reputable organization to serve as the basis of your Urban Rebounding Study. The Urban Rebounding Instructor Training will NOT go into great detail regarding the basics of anatomy, physiology, biomechanics and/or exercise instruction. We will focus solely on the Urban Rebounding equipment and exercise as it pertains to this piece of equipment.

The following should serve as your timeline and study checklist for completion of the Urban Rebounding Home Study:

- Read the Urban Rebounding Initial Instructor Training Manual to familiarize yourself with Urban Rebounding and the psychology of teaching it.
- Watch and participate in *The Basics* Urban Rebounding workout from Urban Rebounding Compilation 1 DVD to learn more about the Urban Rebounder and the variety of movements that you will be using. What you see on the video will not be the exact class that you will teach, but it is a good representation of a basic Urban Rebounding class.
- Reread pages 1-15 in the Urban Rebounding Instructor Training Manual and fill in the blanks using the Home Study Guide and information provided in *The Basics* workout.
- Watch the *Interval Bound* Urban Rebounding workout from Urban Rebounding Compilation 3 DVD and participate in the workout. Again, this may not be the exact class you will teach right away, but it is an example of how Urban Rebounding can be organized into intervals as suggested for initial classes that you will lead.
- Reread pages 16-20 in the Urban Rebounding Instructor Training Manual and fill in the blanks using the Home Study Guide and information provided in the *Interval Bound* workout.
- Watch the *Intermediate & Advanced* Urban Rebounding workouts from Compilation 1 and the *Sports Specific Bound* Urban Rebounding workout from Compilation 4. Each of these workouts contains movements that you will use in a traditional Urban Rebounding class as it is presented in the Instructor Training Manual.
- Reread pages 21-29 in the Urban Rebounding Instructor Training Manual and fill in the blanks using the Home Study Guide and all of the DVDs.
- Reread the rest of the manual filling in the blanks from what you have already learned in the previous sections and from the DVDs
- Look over the Urban Rebounding Instructor Written Exam (located at the back of the Instructor Training Manual) and try to answer all of the questions without referring back to the manual. After, use the manual to confirm the answers you have chosen and/or fill in the remaining questions you are uncertain of. Once you are confident that you have grasped the information, take the test online.