

# The Portable Weight Room - Land Meets Water - Loop & Band Resistance Training

Dylan Harries, CALA Master Trainer and Creative Director



## Sunday, June 23, 2024, 1pm – 3pm EST.

Earn 2 CALA CECs Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, NSFA, NBFA, CPTN, AFLCA (by petition), CFES.

### Workshop Description:

Calling all land and water fitness instructors. Elastic band resistance training has been around in the rehabilitation and sports world for many years and continues to trend in general fitness programming. Strengthen the major muscle groups in the body using eccentric and concentric contractions and single or multiple joint actions while making exercises functional. Simply put the bands and loops in your pocket and take your workouts wherever you go. Bring your own exercise band and loop for a fabulous ZOOM workshop.

### Workshop Objectives:

- 1) Learn how to effectivity train using resistance bands and loops on land and in the water.
- 2) Review and practice 8 exercises to achieve a total body strength workout.
- 3) Experience safety and coaching cues that accommodate all fitness levels, enhancing function and form

**COST:** CALA Member: \$55 + tax / Non-Member: \$59 + tax (ON tax is 13%)  
Add \$10 + tax if paying after June 16, 2024

Please print **in black ink** or type

Name \_\_\_\_\_

Address \_\_\_\_\_ **Join CALA Now**  \$59 + tax

City \_\_\_\_\_ Tel. h \_\_\_\_\_

Prov \_\_\_\_\_ Cell \_\_\_\_\_

Postal \_\_\_\_\_ Tel. w \_\_\_\_\_

Email 1 \_\_\_\_\_ Email 2 \_\_\_\_\_

CALA accepts E-transfer to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)

Amount Paid: \$ \_\_\_\_\_

**No refund for withdrawal from workshop.**

**WAIVER AGREEMENT: Please check  that you agree to the following WAIVER.**

I agree to forever release, discharge, fully indemnify and save harmless, the Canadian Aquafitness Leaders Alliance Inc (CALA), the facilities, and all promoters, sponsors and their representatives and successors, and their assigns from any and all claims, demands and expenses whatsoever on account of damage to or loss of property, physical or mental injury or death. I verify that I have been involved in a physical training program and that I am physically fit and do not suffer from any disability, physical ailment nor am I taking any medication that would cause me harm or limit my participation. I hereby affirm that I have carefully read, fully understand and agree to the above and that I am of legal age to execute this form as a legal document.

**Email form to [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**

**You can also use the Adobe Acrobat "Fill and Sign" feature to complete the form**

*On rare occasions, it is necessary to shift CALA Training dates, times, and topics. Thank you for your kind understanding*