

# Recording of Live ZOOM Webinar session CALA-The Portable Weight Room - Land Meets Water - Loop & Band Resistance Training Dylan Harries, CALA Master Trainer and Creative Director



Recording of live ZOOM session available through private Facebook page.

Earn 2 CALA CECs Also **accredited** by canfitpro, OFC, BCRPA, SPRA, YMCA, LSS, 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 effectively 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%)

Please print **in black ink** or type

Name	_____		
Address	_____		Join CALA Now <input type="checkbox"/> \$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*