

# DCC Certification Workshop Level 1

## Recommended participant background

Experience with core lifts: squat, deadlift, clean and press (and common variations of all three)

## Program Structure

- 2-day weekend workshop format
- 16 hours total instruction (9am – 5pm) with 1 hour lunch break
- includes theory and practical components
- emphasis on the integration of innovative functional training methods/exercises with program design

## Basic Outline – Day 1

### AM Session

#### 1. Introduction

- Practical session
- Basic training philosophy/methods of DCC (Theory)
- Outline of material to be covered – structure of Day 1/2
- Statement of objectives

#### 2. Basics of Corrective Athletic Movement Training approach to physical conditioning

### Lunch

### PM Session

#### 3. Review of Core Lifts and methods – Squat, Deadlift, Clean and Press (and common variations), sled work, dynamic warm up, speed, agility and plyometrics,

#### 4. Introduction to Creative Complexes and free time (Theory & practical)

- integration of core lifts with unconventional training methods
- work on creative complexes

## **Basic Outline – Day 2**

### **AM Session**

1. Review of Day 1 – Question Period
2. Client Scenarios and the DCC approach
3. Practical review of creative complexes with instruction

### **Lunch**

### **PM Session**

3. Individual evaluation
4. Creative Complexes competition (practical in groups)
5. Program review and questions

***Program Cost: \$249<sup>00</sup>***

Please bring appropriate workout gear and adequate hydration for 8 hours time period.  
Beverages will be available for purchase.

Date: \_\_\_\_\_

Signature: \_\_\_\_\_