

## Level 1 Academy

[www.cooperfitnesscenter.com/copperpt](http://www.cooperfitnesscenter.com/copperpt)

The Power Plate Level I Academy has been developed to allow personal trainers, strength and conditioning coaches, therapists, and medical practitioners to understand the science and application of Acceleration Training™. This four-hour CEU-approved program covers the biomechanics and neurophysiology of whole body vibration, benefits of Acceleration Training™, and an introduction to Power Plate's five fitness elements. Level I Academy includes a 90-minute web-based lecture, a practice quiz, and a four-hour hands-on workshop. Participants will receive a Training Manual with more than 100 color pages of exercises, workouts, and more.

CEC: ACE (0.6), NASM (0.7), NSCA (0.7), CFP (3.0)