

TABLE OF CONTENTS



PART 1. INTRODUCTION

pages 2-18

Prerequisites and Certification Requirements	3
Course Schedule	6
Confidentiality Agreement	7
Fundamentals	8
Research Review	9

PART 2. ADDITIONAL EXERCISES

pages 17-54

Equipment Review	17
Additional Exercises Summary	18
Additional Exercises Descriptions: Target Muscles, PA's, Verbal Cues	27
All Xercizer Sections Format	57

PART 3. NEW FORMATS

pages 63-85

IM=X Stretch Xercizer Workout 1 (60 minutes)	63
IM=X Stretch Xercizer Workout 1 (30 minutes)	65
IM=X Stretch Xercizer Workout 2 (60 minutes)	67
IM=X Stretch Xercizer Workout 2 (30 minutes)	69
Flexibility Research	70
IM=X Interval Training Workout 1	74
IM=X Interval Training Workout 2	76
IM=X Floor/Xercizer Hybrid Workout 1	78
IM=X Floor/Xercizer Hybrid Workout 2	80
IM=X Floor/Xercizer Hybrid Workout 3	82
IM=X Abs Workout 1 (30 minutes)	84
IM=X Abs Workout 2 (30 minutes)	85

APPENDIX: PRACTICAL EXAM FORM