VFIT COACH PRODUCT TRAINING

Live Class: $49 - Duration: 2 hours - Video Access Only - $19.99

CURRICULUM

Introduction to EfitX Coach Module
- Add Clients (add yourself and a demo client, display client screen)
- Learn basic navigation
- Learn manual tracking features
- Settings - Client profile
- How to use Sessions
- How to use News feed and messaging

Create a Program
- Plan your exercise list and and some instructional tips
    - Explain equipment required
    - You may want to explain the warm up procedure
    - Explain the sequence and particular technique tips
- Create a list of exercises for your workout
- Record an intro video for the workout
- Upload to YouTube
- Price your programs
- Assign your program

Create your EfitX Channel
- Upload a photo and create a short bio
- Create Subscription Packaging

Performing and providing Advisory Sessions
- Evaluate a client's previous history and create the next routine
- Provide the load, sets and reps
- Discuss the recent performance of some of the exercises on the new list and provide improvement tips

Online Live Video Conferencing
- Tips on online video conferencing

Create a custom instructional video for your client
- Write a production exercise script
- Record 3 angles of exercise and perform VO.
- Editing Videos Tips
- Uploading to YouTube
- Link to Specific Client Program