

# INSTRUCTOR TRAINING



## Movement Principles



The Balanced Body Movement Principles form the foundation of Balanced Body Education. They are fundamental for successful training in any environment, under any scenario, using any piece of equipment. With this course, you gain a complete toolbox of effective and confident training strategies to help clients recover from injuries, improve general fitness, and enhance performance.

Place your  
headshot here  
1.6in x 2in



SPACE  
LIMITED-  
REGISTER  
TODAY!