



Week 12

Biz Dev +

Next Steps

Agenda

- **Section 1: Community Announcements**
- **Section 2: Level 2 Announcements**
- **Section 3: Program of the Week**
- **Section 4: Interview with Johnny**
- **Section 5: Open Forum/Questions**



Week 12



- **Tequila and Coffee Friday
@5pmPST**
- **Bobby Cappuccio**
- **June 18th**
- **Laura Watson**

CEU's and Certificate



- Complete Exam 1 (Week 4)
 - Complete Exam 2 (Week 12)
- You will receive “4Q Foundations” Certificate which contains the CEU's
- “Mark as Complete” 100%

Once Approved, you will receive your AHHPS-L1 Certificate



My Account

- Dashboard
- Courses
- Community
- Orders
- Addresses
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Courses	Completed	Certificates	Points

Your Courses

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<input type="checkbox"/>	AHHPs	<input type="button" value="v"/>
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Level 2



- **Start Date Sept 13th, 2021**
- **14 Weeks**

Week 1: Intro to 4Q Metabolic

Week 2: SISS (Sub-threshold Intensity Steady State) Strategies and Programming

Week 3: SIIT (Sub-threshold Intensity Interval Training) Strategies and Programming

Week 4: HIIT (High Intensity Interval Training) Strategies and Programming

Week 5: HISS (High Intensity Steady State) Strategies and Programming

Week 6: Metabolic Programming

Level 2



Week 7: Intro to 4Q Recovery

Week 8: LAR (Local Active Recovery) Strategies and Programming

Week 9: LPR (Local Passive Recovery) Strategies and Programming

Week 10: GAR (Global Active Recovery) Strategies and Programming

Week 11: GPR (Global Passive Recovery) Strategies and Programming

Week 12: 4Q Programming

Weight Management

Week 13: 4Q Programming

Athletic Development

Week 14: 4Q Programming

Successful Aging

Level 2



- **Price: \$899 Pay-in-full**
- **July:**
 - **5 Payments of \$190**
- **Aug/Sept:**
 - **3 payments of \$317**

<https://instituteofmotion.com/ahhps/level-2/>

Program Builder

- **Free Access until June 30th, 2021**
- **Sign Up for Level 2 = Free Access for 2021**
- **Monthly Subscription: \$35**
- **Annual: \$299 (equivalent to \$25 monthly)**
- **Unlimited Programs and Clients**

[https://instituteofmotion.com/
program-builder/](https://instituteofmotion.com/program-builder/)



Level 3

Start Date 2022

Programming and Coaching:

- **Disease State**
- **Recovery Domains**
- **Gender-Specific**
- **Pre/Post Natal**
- **Brain Health and Performance**
- **Athletic Development:**
 - **Single Sport Specialization**

