



GluckerKolleg

LIZENZ

miha

EMS Level 2 Trainer

for

Lefteris Theodorakis

The participant successfully completed the level 2 training course License Trainer for EMS at GluckerKolleg in cooperation with miha bodytec. Running over 16 teaching units, the EMS level 2 course comprises the following topics in both theory and practice:

- Functional training for sports and everyday life in EMS training
- Adapting the training parameters and individual program design
- Specific EMS Training with case studies
- Manual Resistance techniques to intensify and correct the training processes
- Advanced intensive techniques for figure shaping
- Spotting techniques for advanced trainers (Mental visualization)
- Useful additional equipment in EMS training (Superimposed EMS)
- Training with children and adolescents
- Partner and small group training in the practical implementation
- Practical exam at the end of the training

The participant demonstrated proficiency in a practical and theoretical exam, as well as in a personal conversation. The license certificate is accepted by miha bodytec and the GluckerNetwork. The license was obtained on 08.12.2019 and is valid until 07.12.2021.

Kornwestheim, 08.12.2019

(GluckerKolleg Training Department)

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