



**A journey of a thousand miles
must begin with a first step.**
Lau Tzu, Chinese Philosopher

Course Registration Form ROM Testing for Personal Trainers

Location: Desk Jockey Fitness, 10700 Kettering Dr., Charlotte, NC 28226
Date: Saturday, May 17, 2008
Time: 12:00 - 6:00
Cost: \$99.00
Registration Deadline: Monday, May 12, 2008

ACE CECs: 0.6

Course Instructor: Dave Turpin, ACE Faculty, ACE CPT, LWMC
C.H.E.K Practitioner Level II, C.H.E.K HLC Level I

Course Description: For many clients, particularly older adults, joint range of motion is often times a higher priority than muscle strength and endurance. Without an appropriate level of flexibility, client's agility, speed, endurance and strength training may be putting the client at risk of injury. This workshop is ideal for personal trainers who work with clients who are thirty years and older in age.

Name on CC: _____ Card Type: MC Visa AMEX

CC Billing Address: _____ Zip _____

CC Number: _____ CVVA: _____ Exp Date: _____

Phone Number: _____ Email: _____

I authorize Desk Jockey Fitness to bill the above credit/debit card for \$99.00US.

Signature: _____ Date: _____

Please FAX completed form to 704-540-0663