



MOTIVATION

Autonomy
Belonging
Competence

FEEDBACK

How to Cue a Client
How Often Should You Provide Feedback

CAPACITY

Excercise Selection
Loading and Movement Speed
Sets, Repetition, and Rest Periods

CORRECTING FORM

with effective cues is how you as a personal trainer can ensure that your clients stay safe and comfortable.

ARE YOU CUEING YOUR CLIENTS EFFECTIVELY?



HOW TO PROVIDE CORRECTIVE EXERCISES FEEDBACK

Start with a light load, or no load at all, and perform a few repetitions. At the end of the set, summarize what your client needs to do differently to correct his form.

ISSA's Corrective Exercise Course will teach you how to identify and correct the most common movement dysfunctions, so you can help all your clients move better and get hurt less. www.issaonline.edu

