



"IPTFA in collaboration with GFTA proudly presents"

Functional Training of PT Fitness Training Tool Certification

私教小工具功能訓練證書課程



This course is carefully developed by the International Professional Fitness Trainers Association (IPTFA) targeting the common pain points of newly qualified personal trainers. It solves the widespread industry problem of "solid theoretical foundation but insufficient practical skills, and inability to flexibly use the diverse small equipment in gyms". It helps working trainers quickly upgrade their course design capabilities, create a distinctive personal training system more popular with members, and meet the career advancement needs of mid-to-senior level personal trainers.

Core Course Highlights:

- Highly targeted: Fully bridges the capability gap for new trainers transitioning from the classroom to the workplace, skips redundant basic content, and directly delivers actionable practical teaching skills

本課程針對新入職私人教練的常見痛點精心研發，解決「理論基礎紮實但實戰技巧不足、面對俱樂部多樣小工具不會靈活運用」的行業普遍難題，幫助在職教練快速升級課程設計能力，打造更受會員歡迎的特色私教體系，滿足中高級私教的職業進階需求。

課程核心亮點：

- 針對性極強：完全對接新教練從課堂到職場的能力缺口，跳過冗余基礎內容，直接輸出可落地的實戰教學技巧
- 科學安全體系：所有動作由 IPTFA 資深





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- Scientific and safe system: All movements are refined by IPTFA's senior expert team based on muscle chain research and repeated movement experiments, strictly designed following the human body's metabolic sequence, so even beginners can get started safely
 - All-round effect improvement: Under the scientific and controllable training logic, it simultaneously enhances participants' speed, coordination, explosive power and core stability, achieving the three major goals of fat loss, muscle gain and physical fitness enhancement in one stop
 - High member popularity: The diverse gameplay with small equipment gets rid of the boredom of traditional training, greatly improves the fun of the courses, and directly helps trainers increase course renewal rates and member stickiness
- 專家團隊基於肌肉鏈研究、反復動作實驗打磨，嚴格遵循人體代謝順序設計，零基礎也能安全上手
 - 效果全面升級：在科學可控的訓練邏輯下，同步提升學員的速度、協調性、爆發力與核心穩定性，一站式實現減脂、增肌、體質強化三大目標
 - 會員青睞度高：多樣化的小工具玩法擺脫傳統訓練的枯燥感，課程趣味性大幅提升，直接幫助教練提高續課率與會員粘性

Full Introduction to 5 Major Equipment Modules

The total course duration is 20 hours, systematically covering the principles, operation and featured course design of 5 internationally cutting-edge functional training small equipment:



- Slide Discs / Sliding Plates: Achieve low-joint-stress full-body integrated training through smooth sliding movements
- Bulgarian Bag: Maximally enhances strength, muscular endurance, cardiopulmonary function, flexibility and full-body explosive power
- Power Rope: Conducts high-intensity training targeting the upper body and core muscle groups, rapidly improving overall physical fitness and functional strength
- VIPR Training: Deeply combines load with full-body dynamic movements, perfectly matching the pursuit of vitality, efficiency

五大工具模塊全解析：

總學時共 20 小時，系統掌握 5 大國際前沿功能訓練小工具的原理、操作與特色課程設計：

- Slide 滑碟/滑行盤：通過流暢的滑行動作，實現低關節壓力的全身性整合訓練
- Bulgarian Bag 保加利亞訓練包：極限強化力量、肌耐力、心肺功能、靈活性與全身爆發力
- Power Rope 力量粗繩：針對上身與核心肌群開展高強度訓練，快速提升整體體能與功能性力量
- VIPR 炮筒訓練：將負載與全身動態運動深度結合，完美匹配健身客戶與專業運動員對活力、效率與訓練效果的追求
- Bosu Ball 半月平衡球：利用不穩定表面強化平衡感、協調性，激活核心肌群與





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and training effects by fitness clients and professional athletes

日常訓練難以觸及的深層小肌肉

- Bosu Ball: Uses the unstable surface to enhance balance and coordination, activating the core muscle groups and deep small muscles that are rarely touched in daily training

International Certificate Recognition

Participants who meet the following two requirements will be awarded the "Functional Training of PT Fitness Training Tool Certificate" issued by IPTFA:

- Course attendance rate reaches 75% or above
- Both the theoretical examination and practical assessment obtain a passing score of 70% or above

This certificate is also recognized by Fitness Australia and can be used as a valid basis for industry qualification recognition and continuing education credit application.

Course fee: HKD 4,000

Course Duration: 20 hours

Continuing Education Units : 3.3 CEU

Enquiry: (852) 2345 6286

E-mail: info@iptfa.com

Website: www.iptfa.com

國際證書認可

符合以下兩項要求的學員，可獲 IPTFA 頒發「私教小工具功能訓練證書」：

- 課程出席率達 75%或以上
- 理論考試+實習考核均取得 70%或以上的合格成績

該證書為國際康體行業廣泛認可，可作為教練職業資格升級、俱樂部崗位晉升的有效憑證。

課程費用： HKD 4,000

課時： 20 小時

延續學份： 3.3 CEUs 學分

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