

## **Become a BBX Coach**

**What is a Coach? Someone who motivates, inspires, teaches and pushes people to new limits and helps them achieve goals they never thought possible.**

At BBX, we are changing the face of group fitness as we know it. In addition to providing an exercise format that is different than anything else on the market today, our approach to teaching is also innovative and unique. Any group fitness instructor can stand in front of a room, go through the motions and lead a class. We are not looking for people who just want to be instructors, we are looking for coaches! We want coaches who will make the commitment to take a vested interest in each student and help them achieve their fitness goals (think of it as being a personal trainer who just happens to be teaching to a group rather than an individual). We won't lie, Boogie Box is a more complex format than anything else you've ever taught. It takes time to learn it properly and become an excellent coach. You will work hard for this certification and must be willing to make a physical and mental commitment. It is also a career that carries both privileges and responsibilities which is why we also hold our coaches to a high standard. But we promise you that the rewards are worth it, both in terms of the professional and financial returns for you and in the satisfaction of knowing you are changing people's lives.

Boogie Box is a unique and innovative format that successfully combines strength training and cardio without the use of weights or machines, there is no other program like it on the market! That means twice the work out in half the time! We have strict requirements to ensure that we are producing the best coaches possible and all trainees are required to **"Test Out"** before being issued their certification.

The first step to becoming a BBX Coach is to attend one of our "Coach Training Workshops." At the workshop you will receive:

- **Intense training on "Applied Muscle Resistance", how to understand it, teach it and apply it to all BBX forms**
- **Modifications and Safety information**
- **Proper Cueing and Breakdown for each BBX form**
- **Tips on how to best learn the BBX format**
- **Instruction on how to best teach BBX**
- **Musicality and choreography breakdowns**
- **Tips on promoting and running your business**

Boogie Box is a copyrighted format and coaches may only use choreography and music released by the Corporation. After completing the training program each person will receive a DVD with all BBX forms. You will then be able to choose which Round of choreography you wish to test out on and can purchase that Round at the workshop. You will then have 60 days to practice from home before "Testing Out." You will also have the opportunity to attend 30 days of free unlimited classes (if available in your area), in order to shadow any of our Master Coaches. The workshop is approximately 7 hours in

length and the cost is \$249 (although pre-payment and other promotional discounts may be offered). *The Coach Training Workshop is also approved for 5.5 AFAA Continuing Education Units.*

Once you feel comfortable with the material, we will schedule a “**Test Out**” date. This means you will be required to teach a portion of a class with proper cueing and breakdowns in front of at least two Master Coaches. We will also require that you receive a **CPR certification** before your test out date. Upon passing you will be issued your certification ID # and materials to get started. If you do not pass, we will coach you on what needs to be worked on so that you can try to test out again once you feel ready. The time from attending the workshop and actually getting certified by “Testing Out” depends entirely upon each person’s dedication and commitment and usually varies from 30-60 days.

*For trainees that live out of State we ask that you practice from home with the DVD and test out by sending us a video. We will also work with you to develop a training plan that allows for feedback during your process.*

All BBX Coaches are required to attend our continuing education classes in order to re-certify with BBX every year. The following is a brief description of our CE courses:

**Intensive Workshop** - This workshop is approx. 3 hours in length and its main focus is the proper use of “Applied Muscle Resistance” through BBX choreography.

**T&T (Teaching Tactics)** - This workshop is approx 2-3 hours in length. This workshop is geared specifically to our coaches on how to teach BBX more effectively. We will cover topics such as warm ups, cool downs, breakdowns, cueing, how to motivate your students and teach an exciting, yet effective class, how to find and improve your coaching style, how to progress the intensity levels for each round, safety and modifications.

**Coach Training Workshop** - BBX is a branded format therefore we expect all coaches to stay current with all changes, modifications and updates to the workout. All certified instructors will be required to attend the morning session of our coach training workshops once a year in order to stay up to date on all forms and changes to the format.

If you have any further questions or to pre-register please email us at [kathy@boogieboxfitness.com](mailto:kathy@boogieboxfitness.com)