

# X-POLE<sup>®</sup>

## LEADERS IN POLE FITNESS

### XPERT Training is endorsed by SkillsActive

The XPERT Training programme is endorsed by SkillsActive.

XPERT Pole Fitness training designed and developed by Crunch - the industry leader in fusing fitness and fun has recently been endorsed by SkillsActive. Combining Crunch's unique style and trend setting innovation, XPERT Pole Fitness training will elevate your teaching skills to new heights and train you to teach one of the hottest classes in the fitness industry. This performance based class includes standing strength based exercises, climbing and inversion techniques, dance choreography, and core training.

The XPERT Pole Fitness training will break down each section in detail, addressing proper teaching and spotting techniques to ensure that participants of all fitness levels can experience the class in a safe and effective manner. The training and manual cover all aspects of teaching a pole fitness class. From understanding the features of setting up a pole, to breaking down the science behind each movement, this training is designed to cover every detail of pole fitness.

### A Few Words from SkillsActive...

"X-POLE & XPERT have recently gained endorsement status from SkillsActive which offers 'Registered Exercise Professional' (REPs) recognition for the training they have undergone through the provision of 'Continued Professional Development' (CPD) points in order to maintain their status on REPs and keep up to date with industry best practice.

SkillsActive, the Sector Skills Council (SSC) for Active Leisure and Wellbeing in the UK are employer led and work closely with training providers to look at the skills and needs required to up-skill and strengthen the workforce throughout the UK. SkillsActive is at the heart of understanding the needs of employers and quality checking the training, through the robust quality assurance process that training providers have to go through in order to receive their accreditation, learners and employers can have the confidence in knowing the training is fit for purpose and has a seal of approval for quality.

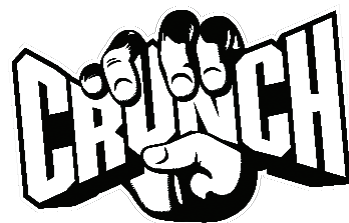
Therefore learners and employers undertaking training which does not carry SkillsActive endorsement are going on other peoples' experience and not gaining the recognition that they deserve, they also have no regulatory body to contact should their experience not be a positive one. X-POLE & XPERT are proud to have undergone this process and pave the way for representing quality and standards through working with SkillsActive", Tom Bell, Strategic Lead of Endorsements @ SkillsActive



ENDORSED BY SKILLSACTIVE

**SkillsActive**  
More People, Better Skilled, Better Qualified

POWERED BY



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### About SkillsActive

**SkillsActive** works on behalf of the active leisure, learning and wellbeing sector to develop a framework of qualifications and training that meets employer needs, ensuring the workforce is properly trained and qualified.

Having a qualification to back up your knowledge and experience is increasingly important in the active leisure, learning and well-being sector. SkillsActive works on behalf of the sector to create and deliver the qualifications employers need and want.

They make sure employers can access the right qualifications, based on national standards designed by employers, so the workforce is properly trained and qualified.

Providing training for employees not only helps them develop their skills and knowledge – it's also a building block to business success. Through the National Skills Academy for Sport and Active Leisure, SkillsActive deliver those qualifications, ensuring the training is quality assured, cost effective and relevant to employers' needs.

For updates on endorsement please visit SkillsActive website:  
[www.skillsactive.com/training-provider-home/item/3449/3449?itemid=267](http://www.skillsactive.com/training-provider-home/item/3449/3449?itemid=267)

### How will the XPERT Certification benefit you?

- \* Learn proper class setup and safety procedures
- \* Impart knowledge of various pole fitness techniques (beginner and intermediate)
- \* Learn how exercise science applies to pole fitness techniques and the workout in general
- \* Prepare participants to instruct a safe and effective pole fitness class
- \* Explore the importance of a pole fitness class design and the use effective choreography
- \* Communicate the proper level adjustments for teaching a variety of participants
- \* Review proper spotting and safety techniques



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### Next certification courses:

Date	Studio/School/Place	Location	Further info:
9-10 February 2013	Sometimes Studio	Oslo, Norway	<a href="http://www.sometimes.no">www.sometimes.no</a> <a href="http://www.xpertpolefitness.com">www.xpertpolefitness.com</a>
16-17 February 2013	X-POLE Development Centre	London, UK	<a href="http://www.x-pole.co.uk/x-pole-online-shop.html?page=shop.browse&amp;category_id=123">www.x-pole.co.uk/x-pole-online-shop.html?page=shop.browse&amp;category_id=123</a>
23-24 February 2013	Diania	Ecuador, S.America	<a href="http://www.xpertpolefitness.com">www.xpertpolefitness.com</a>
6-7 April 2013	Wolanski Pole Studio	Sterlingshire, Scotland	<a href="http://www.facebook.com/WolanskisPoleStudio">www.facebook.com/WolanskisPoleStudio</a>
12-13 April 2013	FIBO	Cologne, Germany	<a href="http://www.xpole.co.uk">www.xpole.co.uk</a> <a href="http://www.xpertpolefitness.com">www.xpertpolefitness.com</a>
27-28 April 2013	Northern Pole Fitness	Newcastle, UK	<a href="http://www.northernpoledance.co.uk">www.northernpoledance.co.uk</a>
18-19 May 2013	The Irish Pole Dance Academy	Dublin, Ireland	<a href="http://www.irishpoledanceacademy.com">www.irishpoledanceacademy.com</a>

**XPERT**  
POLE FITNESS  
[www.xpertpolefitness.com](http://www.xpertpolefitness.com)

POWERED BY  
**CRUNCH** X-POLE  
LEADERS IN POLE FITNESS

Become an **XPERT**

Whether you've been teaching pole fitness classes for some time or you want to get started, registering for an XPERT training is one of the best moves you can make.

With our 2-day, 16-hour training accredited by Skills Active, REPS, AFAA, and ACE, you'll learn and master:

- The science behind each pole technique
- How to ensure that participants of all fitness levels experience a safe and effective workout
- How to construct a complete pole fitness class design from warm up to cool down
- How to set the stage for the best overall participant experience