

Barre Connect Specialty Certification

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Welcome

- Welcome to NETA's online Barre Connect Specialty Certification
- In this course you will learn the fundamentals necessary to design safe and effective multi-level Barre Connect classes.

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Welcome

Upon successful completion of this online course you will

Learn	Study	Gain	Master
<ul style="list-style-type: none"> Benefits of Barre Connect Science behind Barre Connect The four components of Barre Connect How to design a safe and effective class for all participant levels 	<ul style="list-style-type: none"> Anatomy & Exercise Physiology specific to Barre Connect Technique behind the 40+ exercises used in effective Barre Connect Classes Equipment suggestions, performance variables, and the keys to creating successful classes 	<ul style="list-style-type: none"> The skill to create safe and effective Barre Connect classes A thorough understanding of how to design classes An in-depth knowledge of how to script for successful classes 	<ul style="list-style-type: none"> The ability to turn theoretical knowledge into sound, practical application How to select music and exercises using a simple plug-and-play method Knowledge of common faults and how to correct them

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Becoming the Best Barre Instructor

- Continue Learning
- Attend or practice at least 20 classes (hours) before teaching
- Establish a good base of knowledge
- Practice often
- Be understanding

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The Barre Basics

Section One

The Barre Basics

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The Barre Basics

History of Barre Fitness

1940
1970
2015
Now

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