



LEGION FITNESS

**CERTIFIED INSTRUCTOR
PROGRAM**

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THE LEGIONFIT TRAINING PHILOSOPHY IS EXPANDING NATIONALLY. WITH THE GROWING DEMAND FOR ELITE AND EXTREME FITNESS TRAINING, THE LEGIONFIT SYSTEM HAS BECOME ONE OF THE TOP TRAINING SYSTEMS AVAILABLE. LEGIONFIT TRAINING, WHICH WAS EXCLUSIVELY AVAILABLE TO MILITARY GROUPS, LAW ENFORCEMENT AND TOP ATHLETES IN THE PAST, IS NOW OPEN TO THE EVERYONE. NOW IS YOUR CHANCE TO BE PART OF THE LEGIONFIT EXPERIENCE. THE LEGIONFIT SYSTEM IS BASED ON OLD SCHOOL BODYWEIGHT AND KETTLEBELL EXERCISES COMBINED WITH THE MOST MODERN EXERCISE SCIENCE AVAILABLE. LEGIONFIT UTILIZES A FITNESS LEVEL SYSTEM AND A LOGICAL PROGRESSION FROM LEVEL TO LEVEL. WHETHER YOU ARE LOOKING TO TEACH THE LEGIONFIT SYSTEM, ADD THIS MODERN PROGRAM TO YOUR GYM OR TO ENHANCE YOUR KNOWLEDGE OF ELITE FITNESS (AND NOT TO TEACH), THIS PROGRAM IS FOR YOU.

AS A PARTICIPANT OF THE LEGIONFIT INSTRUCTOR CERTIFICATION BOOTCAMP, YOU WILL GET:

- Modern and effective LEGIONFIT exercise techniques that will change how you train yourself and others for the better.
- Training methodology that teaches you how to instruct the Legion way.
- Secrets of developing mental and psychological toughness.
- The LEGIONFIT method and philosophy of physical fitness.
- The quickest development of skill sets in the shortest amount of time

FOR THOSE WANTING TO BECOME LEGIONFIT INSTRUCTORS, YOU WILL GET EVERYTHING MENTIONED ABOVE, PLUS:

- LEGIONFIT Certification
- Instructor's Diploma
- Comprehensive and modern curriculum
- Rights to use the official LEGIONFIT name and logo
- Rights to become an authorized dealer of LEGIONFIT merchandise
- Ongoing operational and marketing support
- Free enhancement workshops for certified instructors

INSTRUCTORS' CERTIFICATION:

THE LEGIONFIT PROGRAM CONSISTS OF 3 LEVELS OF INSTRUCTION.

YOUR FIRST INTENSIVE TRAINING PROGRAM WILL COVER LEVEL 1. UPON SUCCESSFUL COMPLETION, YOU WILL BE CERTIFIED AS A LEGIONFIT LEVEL 1 INSTRUCTOR. THEREAFTER, YOU WILL PROGRESS LEVEL BY LEVEL.

THE INSTRUCTOR'S TRAINING PROGRAM INCLUDES AN EXCITING CURRICULUM AT THE HIGHEST PROFESSIONAL LEVEL, TEACHING SKILLS, MENTAL SKILLS, LEGIONFIT PRINCIPLES, TRAINING METHODS AND MORE!

INCORPORATE REALITY-BASED SCENARIOS INTO YOUR PROGRAM BY USING THE LATEST SCIENTIFIC MILITARY AND LAW ENFORCEMENT TRAINING METHODS MODIFIED FOR CIVILIAN USE. THIS WILL GUARANTEE YOUR PROGRAM TO BE UNIQUE WHILE GIVING YOU AND YOUR STUDENTS THE BEST RESULTS!

IS THIS FOR YOU?

Are you already a personal trainer or have a degree in an exercise related field? Do you want to teach the LegionFit system at your gym or facility? Do you have what it takes to be a LegionFit Instructor? If so, then read on...

Legion Fitness offers three levels of trainer certification: Level 1, 2 and 3. Seminars are led by Steve Mansfield and his high level trainers.

PREREQUISITES:

In order to be tested for a LegionFit certification, you must already have a valid personal fitness trainer certificate or a degree in an exercise related field. You must be personally physically fit enough to endure the process.

If you fail a course you can re-take the Certification program free of charge, but there are still no guarantees of success.

LEVEL 1 CERTIFICATION

The Level 1 Certification introduces you to the LegionFit program. You will learn the military and extreme sport exercises that are basic to training people in the LegionFit system, but more importantly you will learn the philosophy and concepts of elite fitness training from the Legion perspective. You will also learn how to effectively run a group class as well as be tested on your personal fitness. Be prepared to demonstrate a very high level of personal fitness. On completing a Level 1 Legion Fitness certification, you will have the resources and the solid fundamentals that will make it possible for you to train others and continue your own training as a Legion Fitness trainer or athlete.

LEVEL 2 CERTIFICATION

The Level 2 Certification increases your knowledge of the LegionFit system, training you in even more advanced exercises, indoor and outdoor training concepts and group programs. The Level 2 Certification also has a very challenging performance test component. Like Level 1, you will be tested and evaluated on your ability to teach the LegionFit training system to a small group of "students" that demonstrate a wide variety of fitness capability.

Prerequisites: To attend a Level 2 Certification you have completed the Level 1 course and you must have been actively instructing the LegionFit system for a minimum of six months.

This is a rigorous course. You should have an idea of what to expect from your Level 1 Certification and Level 2 is more mentally and physically demanding. But on completion, you will be able to demonstrate and train the concepts at a high level of expertise and be a good representative of the LegionFit system.

LEVEL 3 CERTIFICATION

The Level 3 Certification will introduce you to training military and para-military units, recruits, law enforcement and special operations recruits in the elite level of fitness they will have to demonstrate in their chosen field. This can include long runs, work in the open water and anywhere in the field, as well as in the gym. Expect to be wet and cold and working on little sleep. Once complete, the LegionFit Level 3 Instructor will be an elite athlete capable of training elite military and para-military units in addition to civilians. A Level 3 Instructor can also certify LegionFit Level 1 Instructors.

This is a rigorous course. You should have an idea of what to expect from your Level 2 Certification and Level 3 is more mentally and physically demanding. But on completion, you will be able to demonstrate and train the concepts at a high level of expertise and be a good representative of the LegionFit system.

COSTS

Level 1 Certification - \$1000.

Level 2 Certification - \$1000.

Level 3 Certification - \$1500.

Please note: No refunds or transfers. Please register for a certification only if you are sure you will be able to attend on that date and at that location.

REGISTRATION

To register, email **info@legionfit.com** and include which certification you'd like to attend from the list below. Materials will be emailed to you at that time.

HOSTING

If you are interested in hosting a Legion Fitness Certification at your facility, please email **info@legionfit.com**.

With these certifications you are an official LegionFit Certified trainer and you can legally say you use LegionFit methods, use Legion name, slogans, photos, art work, logos, etc. This includes business cards and web sites. This gives you the legal right to use the LegionFit name for business and/or promotional purposes.

HOST A LEGIONFIT INSTRUCTOR CERTIFICATION COURSE/ INTENSIVE BOOT CAMP AT YOUR FACILITY!

Would you like to host a LEGIONFIT Instructor Certification Course/Intensive Boot Camp at your training facility? Here are some of the benefits:

- Convenience - train at your school and eliminate the need for travel.
- Save on travel expenses such as food and accommodations
- Gain more exposure for your school, gym or club as we will also list it on our website

To find out about how you can host a LEGIONFIT course at your location or to submit your request, email **info@legionfit.com**



STEVE MANSFIELD,

FOUNDER/CHIEF INSTRUCTOR

LEGION FITNESS AND COMMANDO KRAV MAGA

WWW.LEGIONFIT.COM

WWW.COMMANDOKRAVMAGAKY.COM

Legion Fitness is like no other fitness facility. There are no machines, no barbells, no dumbbells, no mirrors, no juice bars and no shorts with tank tops. Legion believes that a visit to any "normal" gym that is open to the public offers the wrong idea of what achieving fitness is like. Legion believes that "modern fitness" is defined by appearance rather than actual horsepower, and a training facility contaminated by this attitude cannot produce elite fitness, physical or mental. At Legion, people are trained in a structured, "class" environment. Body-weight exercises are focused on, with Russian Kettlebells as the only outside resistance. The training is semi-private, with classes running from 1 to 6 people. And, the training is very intense. In a class you might see women doing full-out pull-ups on a bar 8' off the ground, or guys swinging 40 lbs. kettlebells.

WHEN YOU ARE READY, WE'RE READY.