



NEW INSTRUCTOR KNOW-HOW

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OVERVIEW

Starting something new is difficult, and learning goes with trial and error. Following the Spinning® Instructor Certification, what are the next steps a new instructor should follow? What is the secret to carving out a path of learning to be the best instructor you can be? In this lecture, you'll get all the tools you need to manage this new road with confidence and charisma!

OBJECTIVES

Tip concerning:

- Setup & safety
- Contraindications to the Spinning® program
- Body posture
- How does the non-average student experience an average lesson?
- Which preparations are needed
- What are the next steps in the development

SUMMARY

After you have taken the first steps as an instructor, you will notice that things do not go naturally. In this training, you will be given skills to bring yourself to the next step.

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