

# MFT

Master Functional Trainer™



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# Functional Training Institute

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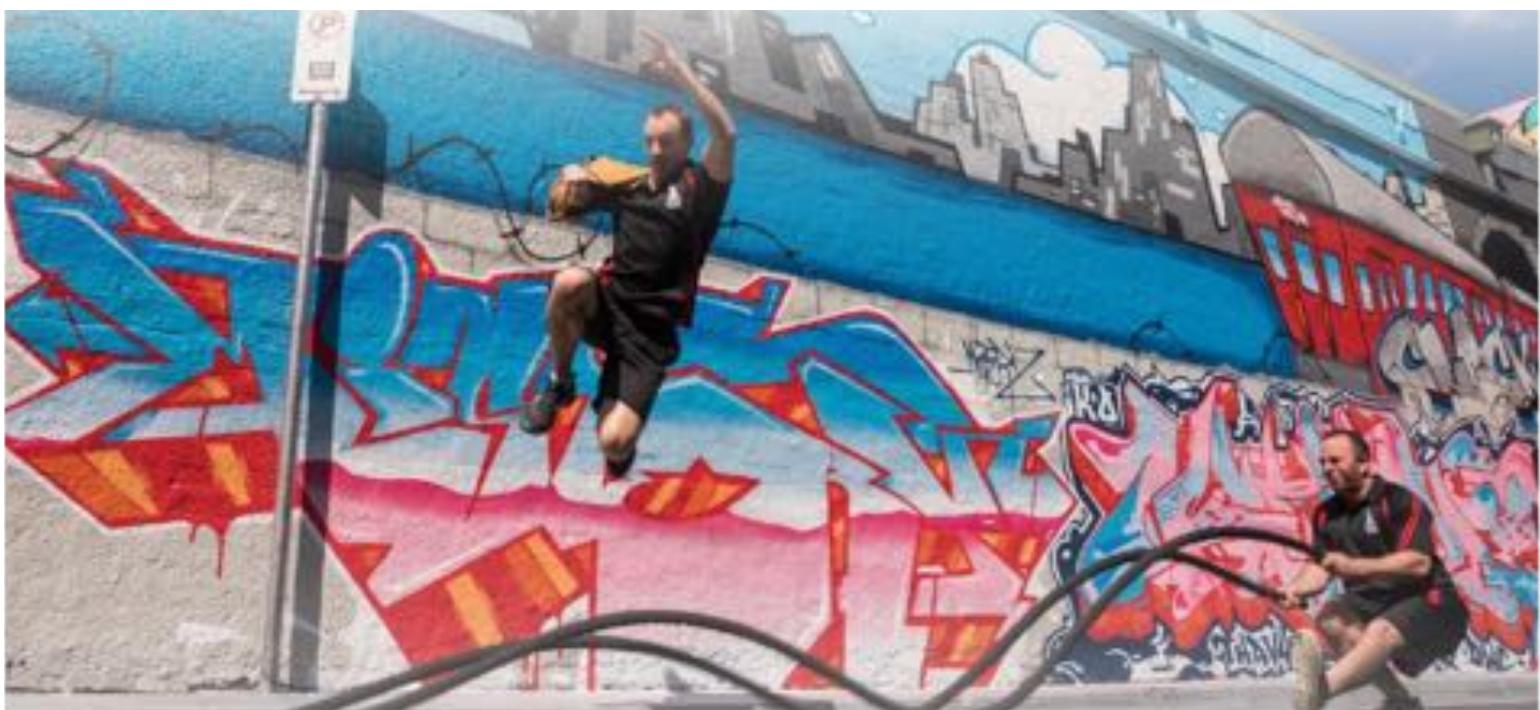
‘Our vision is to design and deliver world leading functional training courses so we equip fitness professionals with best *practice* and *knowledge*’

FTI was developed in 2009 for the purpose of delivering quality Kettlebell education to Fitness Professionals in Australia. We yearned to see people use this tool safely and correctly so more people could experience the wonders associated with it. Our vision has grown to encompass other functional training models and we are now focused on delivering these to the world.

The Functional Training Institute (FTI) provides cutting edge courses, through a team of elite presenters with vast experience and technical training skills. All courses are accredited with the CEC (Continuing Education Credits) certification. We boast world first courses in many areas including Kettlebells, Powerbags, Battling Ropes, MMA Conditioning, Mobility, Rehabilitation, Barbells and Suspension Training. We are pioneers in the field of Functional Training and our methodologies, attention to detail and progressive ideas are increasing the standard of personal training worldwide.

## Our Values:

1. World class in content, delivery and service
2. Fostering collaboration to serve others
3. Creating and revolutionising industry standards
4. Solution focused - treating obstacles as opportunities
5. Embracing change - adapting to the needs of the industry
6. Pursuing excellence - striving for progress and not perfection
7. Cultivating an environment of empowering others through education

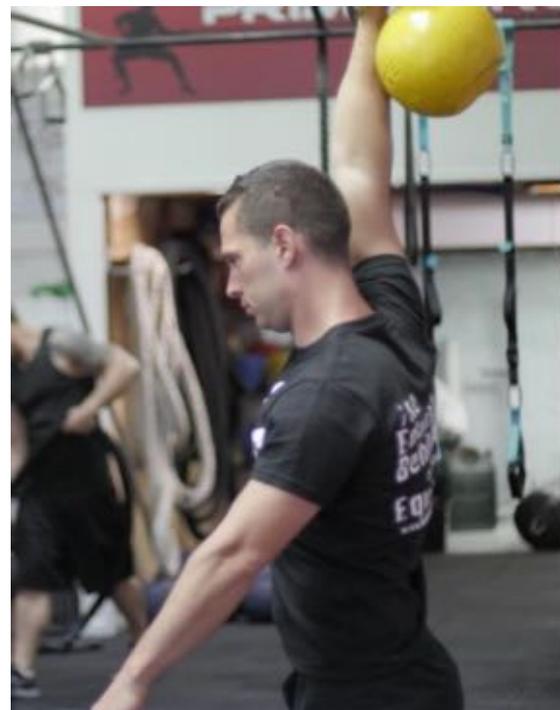


# Master Functional Trainer Program

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Are you looking for an all-encompassing program that will inspire you to apply knowledge, inspire movement and create change? In a competitive industry, are you looking for a point of difference? The MFT Program will help you stand out as an industry leader, in training and transformation.

The MFT Program is made up of three stages, with seven certifications that gives you a proven coaching framework to follow, in addition to an in-depth array of functional training tools that will help you coach your clients. Over 350 trainers across Australia are now Master Functional Trainers. Why compete with an MFT, when you can become one?



## What is the Master Functional Trainer program?

The MFT Program is designed to empower and inspire you to become an industry leader. You will witness incredible change in your business by simply implementing the strategies taught within this program. In this program you will:

1. Learn a wide of range of skills in a fun and captivating way, whilst being challenged and supported by our expert team.
2. Learn how to break down complex movements into easy steps to help educate your clients. You will also have the confidence to apply these movements through practical application.
3. Join a community of trainers and coaches at the cutting edge of functional training.



The MFT Program follows three stages: Functional Foundations, Face to Face Modules, and Assessment. These stages will let you gradually progress your skill set and build your knowledge over a one or two year period.

The MFT certification will give you the edge when it comes to implementing a successful training model for you clients. Through this program you will grow your business with proven training principles.

# MFT Benefits

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The MFT Program comes with an additional host of benefits to enhance your education and help you grow after you have completed the MFT certification. MFT benefits include:

## MFT Certificate

Receive a framed MFT Certificate upon completion.

## Course Certifications

Gain all the CECs and certifications from completing the face to face and online courses.

## WEBINAR Series

Get access to an exclusive webinar series that will expand and empower your learning.

## MFT BRANDING RIGHTS

Get exclusive use of the MFT logo for branding exposure.

## MFT COACH LISTING

Have your MFT listing posted on the FTI website for added business exposure.

## 10% OFF WORKSHOPS

Get 10% off any of our other workshops for life.

## FACEBOOK GROUP

Receive access to the exclusive MFT Facebook group.

## Coaching and offers

Receive access to exclusive coaching and special offers on new workshops

# STAGE 1: FUNCTIONAL FOUNDATIONS

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The MFT Functional Foundations Course is a comprehensive 2 day course that can be completed online. This module will introduce you to a range of programs that will help develop your training education and knowledge, enhancing the delivery of the functional training tools. This stage is accredited for maximum points with ACE, NASM, NSCA and Fitness Australia.



## Functional Anatomy

A highly interactive model which integrates sling systems, fascia and optimal joint mechanics which allow trainers to look through a lens of movement, opposed to muscles.

## Programming

This module integrates both Client Screening and Functional Anatomy modules into a tailored program that delivers an individualised program to your client relevant to their goals and threshold.

## Client Screening

This assessment module gives trainers a clear snapshot of where clients need focus and attention. This leads into their functional programming system.

## Mindset Coaching

With Coaching and Mindset we focus on the psychology behind coaching, including Motivational Interviewing and Goal Setting.



## Why start?

The Master Functional Trainer Program will give you the edge in becoming a progressive trainer. The sooner you start, the sooner you will see the benefits in your clients.

## Ready to START

Contact FIT Singapore for more details:  
[info@fitsingapore.sg](mailto:info@fitsingapore.sg) or [emilie@fitsingapore.sg](mailto:emilie@fitsingapore.sg)

# STAGE 2: FACE TO FACE MODULES

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Stage 2 focuses on the practical tools, how to use them, and how to teach them with safety and proficiency. All of our courses hold maximum accreditation points with ACE, NASM, NSCA and Fitness Australia.



## Functional Mobility

With a properly designed Mobility program you will decrease the likelihood of injuries occurring among your clients.

## Suspended Fitness (TRX)

This course goes beyond the basics to teach you how to assess and adjust suspension exercises.

## Powerbags

Through our Powerbags Course, you will learn fundamental movement patterns, such as hip, knee and pressing mechanics.

## Kettlebells level 1

Our signature Kettlebells Course will teach you the foundational kettlebell exercises and how to teach them correctly.

## Kettlebells level 2

Kettlebells Level 2 takes the skills you learnt in Level 1 and builds on them, with new movements and techniques.

## Battling Ropes

Battling Ropes are an incredible tool. Through this course you will learn a range of exercises to correctly perform them.

# STAGE 3: ASSESSMENT

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To complete the MFT Program and earn your MFT Certification, you are required to complete a series of assessment modules that will test the knowledge you have learnt throughout the program.

## Movement Mastery

To be a competent MFT coach you are required to film and complete a range of tests involving functional training tools.

## Programming Competency

You are required to write a progressed program for an actual client using the tools, science and techniques learned within the course.

## Case Study Questions

Twenty case study questions are provided to ensure that you have gained the required knowledge from the MFT Course.



# How the program is offered in Singapore

The MFT Course is achieved through completing each stage and all the face to face modules within a 24 month period. Stage 1 can be completed online at any time, but it is highly recommended to take the face to face option.

**Stage 1 and 2 courses** are held regularly and can be completed in any order. Upon completion of the **Stage 3 module**, you will receive your official MFT Certificate.

There is no limit time to sign up for the course

Cost: and \$SGD2500 includes all the seven (7) included courses and exam.  
Payment plans are available, contact us for details.

**FIT Singapore will be offering all courses required in 2017 and 2018 (see below for 2017).**

**04/03/2017 Fundamentals of Powerbag Training (required)**

**05/03/2017 Fundamentals of Functional Mobility (required)**

**06-07/05/2017 Barbells for Fitness (required)**

**01/07/2017 Fundamentals of Kettlebell Lev 1 (required)**

**02/07/2017 Fundamentals of Kettlebell Lev 2 (required)**

**09-10/09/2017 Theoretical Foundation (required)**

**04/11/2017 Fundamentals of Kettlebell Lev 1 (required)**

**05/11/2017 Fundamentals of Battling Ropes (required)**

**TBA: Suspension Training/TRX (required)**



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# What people say

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## JOSH PITERMAN

I own one Melbourne's Elite Functional Fitness studio's "PITFIT". We have a database of 250 clients and 4 fantastic trainers. It couldn't have happened without injecting myself into the MFT course and clearly following the systems that were laid out to me. We have a 3 tier training system, that not only includes traditional PT but a Semi-Private Training system, which increases our earning capacity by up to 400% on every session. Learning this system alone is reason enough to take up the course!

None of these classes would be possible without the training and knowledge I gained from the MFT course and the constant ongoing support I get from the entire FTI team! I would highly recommend the MFT course to every trainer out there, looking to increase their functional training knowledge and create a profitable business model.

## LINDA PETROVSKI

Since completing the MFT course I find I have really expanded my business and knowledge. I have become so much more confident in assessing and being able to help my clients in their quest to reach their goal not only in strength and fitness but help in so many other aspects, such as postural alignment to injuries and mobility, and let them be the best they can be! I have also been able to increase my hourly rate and have satisfied clients which equates to referrals.

I highly recommend the MFT to anyone out there that wants to grow their business and become a better trainer. The staff and coaches are great mentors, always willing to go that extra mile to help along the way. The trainers you meet help you become part of the MFT community, it's like having a family of network and support. I truly thank you guys at the FTI for making a difference to my business and life.

## Partners of the Functional Training Institute





CONTACT US FOR MORE DETAILS

**FIT Singapore**

55 Newton Rd  
#05-02 Revenue House  
Singapore  
307987

**Website**

[www.fitsingapore.sg](http://www.fitsingapore.sg)

**Email**

[info@fitsingapore.sg](mailto:info@fitsingapore.sg)  
[emilie@fitsingapore.sg](mailto:emilie@fitsingapore.sg)

**Whatsapp**

Emilie: +65 9616 6118  
Edgar: +65 97814215

Terms and Conditions

To view the full set of terms and conditions for courses provided by the Functional Training Institute, please visit: [www.functionaltraininginstitute.com](http://www.functionaltraininginstitute.com)

To view the full set of terms and conditions for the Master Functional Trainer Program, provided by the Functional Training Institute, please visit: [www.functionaltraininginstitute.com](http://www.functionaltraininginstitute.com)

