<u>Agatsu Strength and Speed Certification</u>

I recently returned from a 3 day certification course with Agatsu about teaching and programming clients (students) and athletes with strength and speed training. It was one of the greatest certification courses I have taken to date and very applicable to what I do with students on a daily basis. At the course we went over the "big 3" of compound strength movements, the squat, deadlift and bench press. We spent a bulk of the time in the gym going over the technique, how to teach the technique and why the technique taught is the safest and best method for generating force and building strength. Then we went to the classroom and discussed the science behind programming and how to program building strength for both athletes and non-athletes alike.

This course gave me better tools to work with and even challenged me as a strength athlete as I learned that there were areas in my own knowledge of the big three lifts where I was not generating the most possible force and "leaking" a lot of strength. This course will definitely make me a better teacher and coach and the students and athletes that go through my new teaching methods will definitely benefit as stronger people and better lifters.

Life is easier when you're strong!

Sincerely,

Simon Gregory