



Battling Ropes Certification with John Brookfield



**John Brookfield; Multiple World Record Holder
and World Class Strength Athlete.**

John is the creator and developer of the Battling Ropes Training System. This system is quickly spreading around the world and being used by athletes, fitness professionals, coaches, therapists & more. The Battling Ropes method is an extremely unique and progressive system that will give continued results and can never be mastered.

Throughout his career, John has authored numerous books including his most recent, *Mastery of Physical Prowess*. He has produced over a dozen instructional training DVDs and continues to expand his success.

"John Brookfield's Battling Ropes are a unique way to train yourself or your athletes for the up most conditioning for all sports. Football, baseball, MMA, it does not matter. Besides being a great conditioner, it will build a death grip. It's not just for rehab, but more importantly for prehab. I have a shoulder socket replacement and my range of motion has increased greatly. The ropes can be a serious training partner for sore shoulders or to push your cardio and muscular endurance. The DVDs that John presents are amazing. If you train alone or with training partners I highly recommend Battling Ropes to be a part of your workouts."

Louie Simmons Owner- World's Strongest Gym,
Westside Barbell

Advantages to attending the Battling Ropes Certification Course:

Learn methods that

- Can be immediately used to bring in more clients
- Not only produce results for your clients, but can also be used safely by everyone
- Will place you in a position to do group classes and team trainings

Learn how to

- Continue to progress with the training bringing consistent results
- Use the Battling Ropes techniques to accomplish any goal your athlete or client may have such as gaining strength, endurance, power endurance, mental discipline and fat loss

REGISTER NOW!

Space is limited.

1-800-556-7464

Or online at

www.performbetter.com/seminars

\$350



“John Brookfield can’t count..

And that makes him one smart coach. John’s primary focus is work capacity, task management, and technical efficiency. He uses fundamental patterns and simple equipment to create loads. Sets and reps don’t really apply to the exercise equation. Persistence, patience, and safety are hallmarks of John’s work. Don’t just watch – do what John does. You will learn from both ends—his coaching and your movement experience.”

Gray Cook MSPT, CSCS, Creator and Developer, The Fundamental Movement Screen, FMS

Battling Ropes Training Certification

April 28, 2012

Glenview Park District Center
2400 Chestnut Ave.
Glenview, IL 60026

June 23, 2012

Mike Boyle Strength & Conditioning
29 Draper Street
Woburn, MA 01801

COURSE SCHEDULE:

7:30 - 8:00 AM

Registration

8:00 - 9:00 AM

Overview and origin on training system
Proper set up of the training system and proper rope care
Introduction and hands-on training of the velocity/wave system

9:00—11:00 AM

Hands on applied training of a large variety of velocity exercises
Learn a variety of progressions to greatly increase your level of work capacity
Questions & Answer opportunity

11:00 AM - 12:30 PM

Overview and hands on application of different strength endurance phases of the system
Learn techniques and progressions to dramatically increase your levels of strength endurance

12:30 - 1:15 PM LUNCH BREAK

1:15 - 2:15 PM

Overview and hands-on application of the Push/Pull phase of the system
Learn a broad range of exercises and drills to greatly increase your strength and ability to avoid and resist injury

2:15 - 4:00 PM

Learn how to implement the training system with a partner as well as entire teams, groups and units
Take part in a variety of hands on exercises and drills designed to keep an entire team or group engaged
Learn progressions to dramatically increase the entire groups levels of strength, power, agility, and endurance
Questions & Answers opportunity



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“Knowing John Brookfield has been a blessing for me. His “old fashioned gentleman” demeanor is contrasted with his physical prowess and manual strength demonstrated in his “strongman” performances.

He understands how to build manual strength and has been a leader in novel approaches such as his “Battling Rope” techniques. John has some valuable lessons to teach all those interested in strength.”

Stuart McGill, PhD Professor of Spine Biomechanics