



Fitness Court® Trainer **CERTIFICATION WORKBOOK**



Welcome

- To become certified, all Trainers must pass the Knowledge Assessment after watching the training video
 - If you don't pass you can retake it as many times as needed until you do
- After submitting the assessment, NFC will contact you at the email address provided in your registration to let you know if you passed or should re-take.
- All who pass will receive a certificate with a CEP code via email that you can submit to **ACE for CECs**



Our History

1979

The Fitness Court was invented by NFC Founder Mitch Menaged in San Francisco, with the simple goal of enhancing healthy lifestyles. With the support of Wells Fargo, the Campaign was launched at Stanford University and in San Francisco. It then spread throughout California and the western United States.



The First Fitness Court



San Francisco

1990

Between 1980 and 1990, National Fitness Campaign grew to over 4,000 communities. Partnerships were formed with more than 100 corporate sponsors and the program raised over \$100 million in the US, Canada and Australia. This was the largest ever public-private partnership in support of physical fitness.



Stanford University



Wells Fargo Bank



The New Fitness Court



Digital Ecosystem

Design Team

2018

The Campaign launched in over 100 cities, and once again at Stanford University. NFC began to form partnerships with sponsors, cities and colleges, building its 21st century network.

2026

By 2026, the Campaign will be operating in over 1,000 cities and colleges.

2029

In 2029, NFC will celebrate its 50th anniversary. Fitness Courts® will be accessible everywhere just like tennis courts. NFC looks forward to challenging millions of people around the world to meet on the world's largest free outdoor gym network to celebrate the joys of healthy, happy living.

2012

Alarmed by obesity rates of 40% amongst American adults, Menaged returned and assembled a world-class team to reinvent NFC for the 21st century, using San Francisco as a laboratory to build the world's best outdoor gym. The Fitness Court was reborn and integrated with a digital ecosystem to support healthy living.



Fitness Court: The Basics

- The Fitness Court was designed to help users achieve the most effective workout in the shortest amount of time.
- Circuit-style training has been present since early history. The modern form of circuit training however, was developed by R.E. Morgan and G.T. Anderson in 1953 at the University of Leeds in England.
- The Fitness Court supports a similar style of training, using only one's bodyweight. Workouts on the Fitness Court are super-efficient, adaptable, fun and FREE!
- Functional training has been seen to improve strength and endurance while efficiently burning excess body fat.
- When executing exercise at high intensity, positive changes have been observed in insulin resistance with as few as 8 active minutes week.
- Exercises in a functional circuit should be placed in an order that allows for opposing muscle groups to alternate between working and resting in subsequent exercise stations.

*Source: American Council on Exercise



What Does The Fitness Court Do

- **PROMOTES** strength development for all major muscle groups.
- **ACTIVATES** large muscle groups to create the appropriate resistance and aerobic intensity.
- **CREATES** a balance of strength throughout the body.
- **MODIFIES** and **ADAPTS** immediately to increase or decrease exercise intensity.
- **PROMOTES** safe and appropriate usage for participants in the training space provided.
- **ALLOWS** users to interact with the available features of the training environment.
- **TRANSITIONS** easily to accommodate minimized rest time

IMPACT

To maximize the metabolic impact of the exercise, time should be sufficient enough to allow for the proper execution of 10 to 20 repetitions of a movement, depending on intensity and difficulty. While programming can vary, 20-60 seconds per exercise is adequate because most participants can acquire and maintain appropriate intensity for this length of time.

ADAPTABILITY

The 7-movement, 7-minute system provides a full-body workout to adults of all ability levels, and the Fitness Court can be used in thousands of ways.



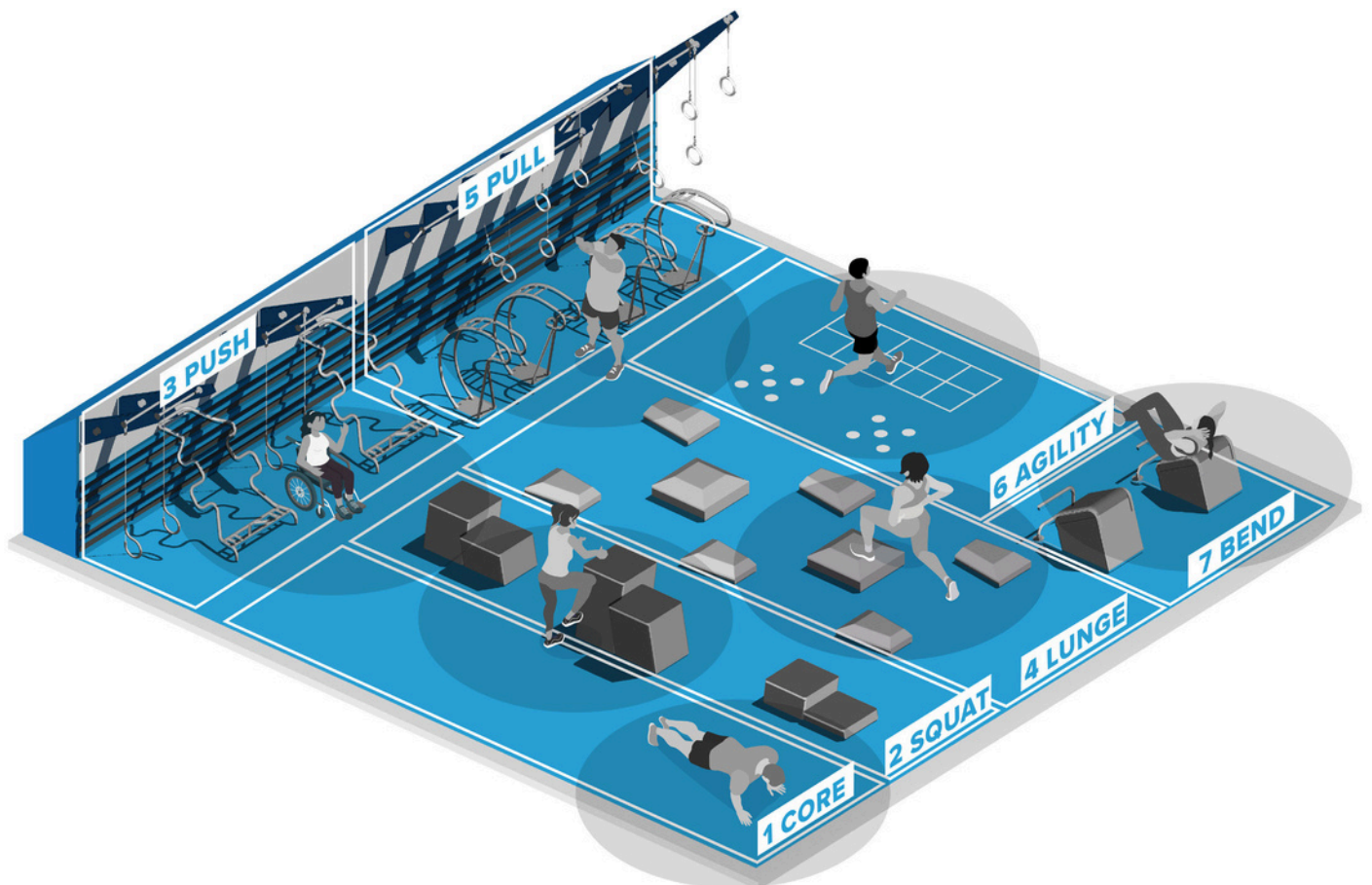
The Fitness Court: 7 Stations

7 Stations, hundreds of movements and unlimited possibilities to build your own unique workout. Whether you are just starting your fitness journey or competing in your next elite race, the Fitness Court can get you moving in the right direction.

The Seven Stations :



The American-made Fitness Court® is an adaptable outdoor bodyweight circuit training system, crafted as civic art and designed for adults of all ages and ability levels. It is the world's best outdoor gym, featuring high intensity seven movement circuit training routines, challenges and classes.



1. CORE

A person's functional movements are greatly dependent upon their **CORE** strength. People who lack core development may experience a predisposition to injury. The major muscles of a person's core reside in their abdomen and in their mid and lower back, to include their hips, neck, and shoulders.

BASIC MOVEMENTS

BEGINNER:

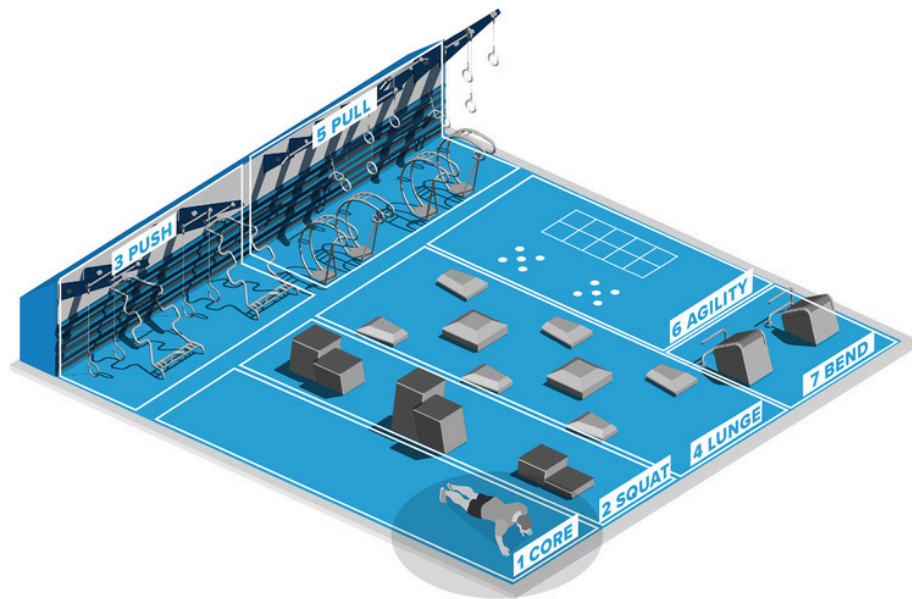
- Plank (High, Low)
- Bird Dog
- Bridge

INTERMEDIATE:

- Bicycle Crunches
- Mountain Climbers
- Russian Twist

EXPERT:

- Windshield Wipers
- Plank with Hip Dips



MAJOR MUSCLE GROUPS USED

- Pelvic floor muscles
- Multifidus
- Transverse abdominis
- Rectus abdominis
- Internal and external obliques
- Erector spinae
- Longissimus thoracis
- Diaphragm



The gluteus maximus, latissimus dorsi and trapezius are also used during a core movement, but are considered to be secondary.

2. SQUAT

SQUATS are one of the best functional exercises for the human body, a simple motion dating all the way back to our hunter-gatherer beginnings. Performing squats builds muscle, helps your muscles work more efficiently, and also promotes your mobility and balance. All of these benefits translate into bodies moving more efficiently in the real world.

BASIC MOVEMENTS

BEGINNER:

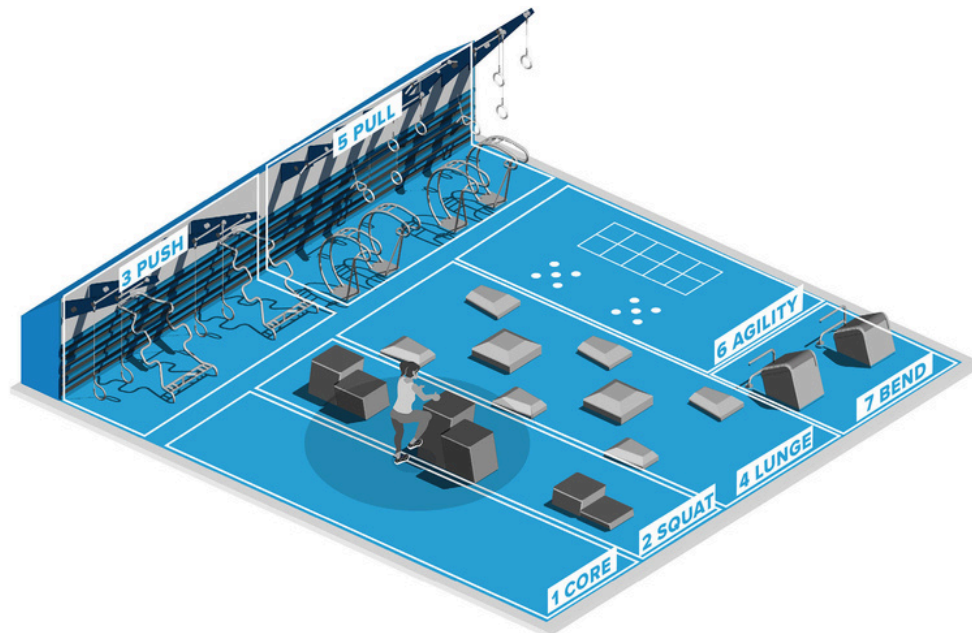
- Squat
- Step-up

INTERMEDIATE:

- Step-up to High Knee
- Jack Squats
- Jump Squats

EXPERT:

- Pistol Squat
- Box Jump



MAJOR MUSCLE GROUPS USED

- Thighs
- Hips
- Gluteal
- Quadriceps femoris muscle (vastus lateralis, vastus medialis, vastus intermedius and rectus femoris)
- Hamstrings



Squats are considered a vital exercise for increasing the strength and size of the legs, as well as for developing core strength.

3. PUSH



PUSHING movements are a category of exercises that involve moving weight straight out in front of you, away from the torso. Therefore, it consists of movements in the sagittal (shoulder flexion) and/or transverse plane (shoulder horizontal adduction) with elbow extension.

BASIC MOVEMENTS

BEGINNER:

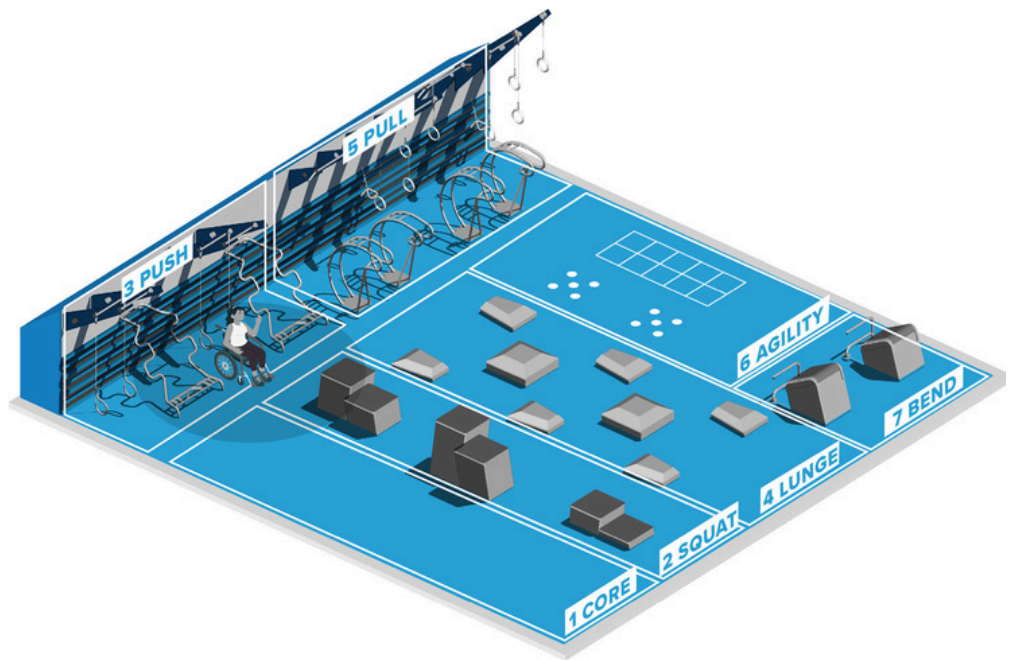
- High Push
- Mid Push

INTERMEDIATE:

- Push-Up
- Dips
- Lateral Push

EXPERT:

- Destabilized Ring Push
- Monster Push Up
- Decline Push



MAJOR MUSCLE GROUPS USED

- Pectoral
- Triceps
- Deltoids
- Abdominals
- Serratus Anterior



The calves and glutes are also used during a push movement, but are considered to be secondary.

4. LUNGE



LUNGES Develop lower-body strength and endurance, and unlike the squat, they are highly effective at equalizing muscle imbalances. They're also a great move for beginners.

BASIC MOVEMENTS

BEGINNER:

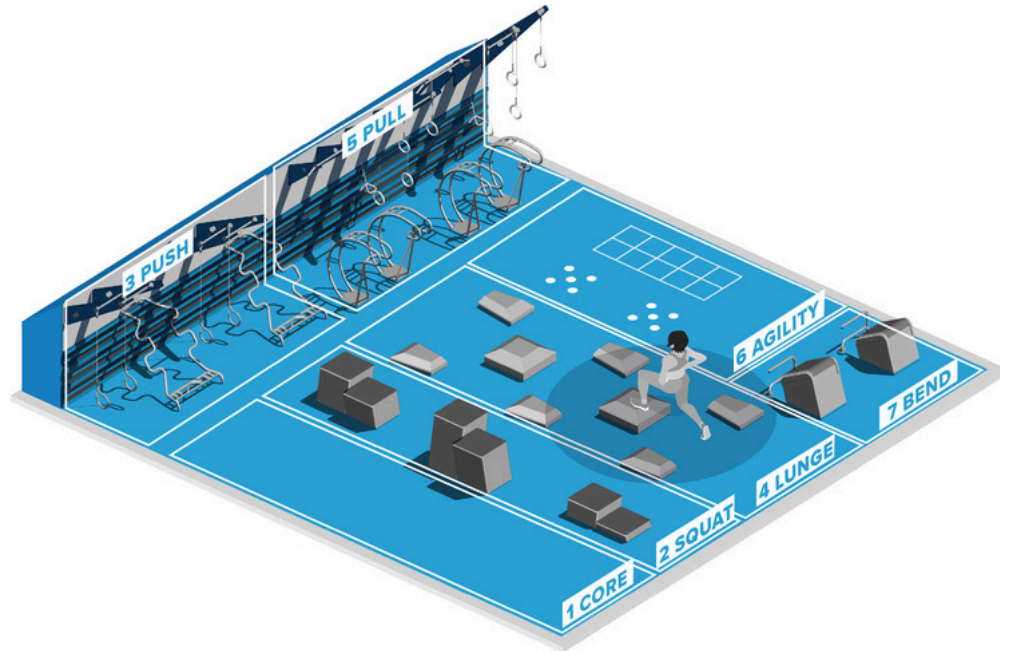
- Forward Lunge
- Reverse Lunge

INTERMEDIATE:

- Lateral Lunge
- Incline/ Decline Lunge
- Walking Lunge
- Transverse Lunge

EXPERT:

- Jump Lunge
- Curtsy



MAJOR MUSCLE GROUPS USED

- Glutes
- Hamstrings
- Quadriceps
- Calves
- Thighs
- Abdominals



Lunges are great for all bodies as they mimic our walking pattern - of course with some modifications.

5. PULL



The opposite of a pushing motion, a **PULL** movement involves moving a weight vertically towards the torso. It usually consists of movements in the sagittal (shoulder extension), frontal or transverse planes (shoulder adduction). This normally means that pull movements create shoulder extension and/or adduction with elbow flexion.

BASIC MOVEMENTS

BEGINNER:

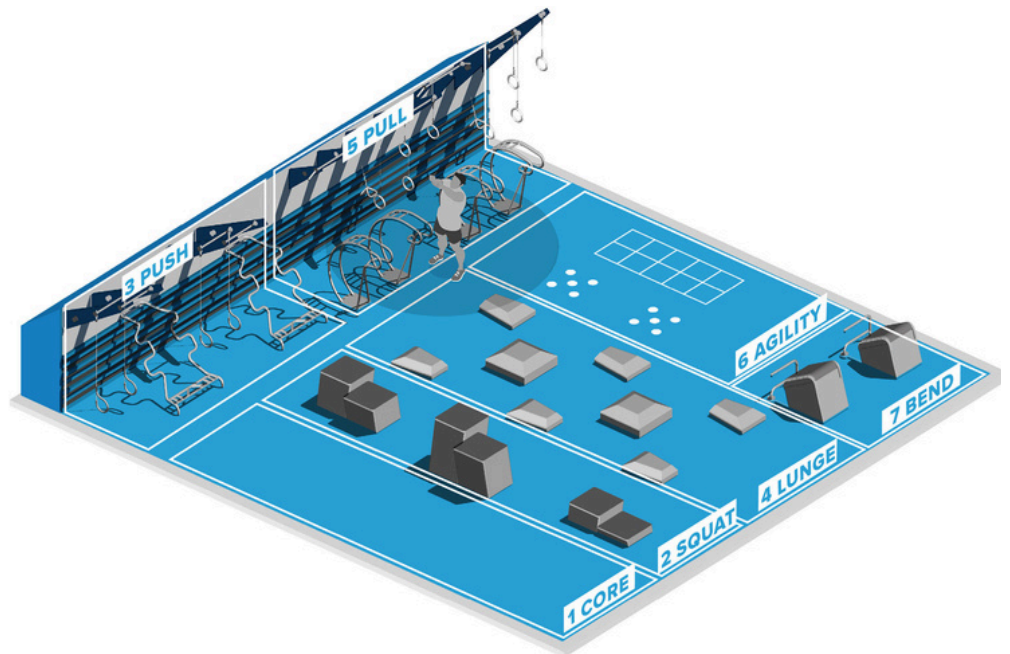
- Low Pull
- Assisted Pull
- Easy Mid Pull

INTERMEDIATE:

- Mid Row
- Chin-up
- Destabilized Row

EXPERT:

- Wide Pull-up
- Destabilized Pull-up



MAJOR MUSCLE GROUPS USED

- Latissimus Dorsi
- Abdominals
- Biceps
- Forearms
- Trapezius



The hamstrings and obliques are also used during a pull movement, but are considered to be secondary.

6. AGILITY



The **AGILITY** station is where the full body strength training exercises happen and it is the ultimate example of functional fitness. Each rep is designed to work all muscle groups in the arms, chest, quads, glutes, hamstrings and abs. After a few sets of any agility movement, the legs should begin to feel challenged or fatigued.

BASIC MOVEMENTS

BEGINNER:

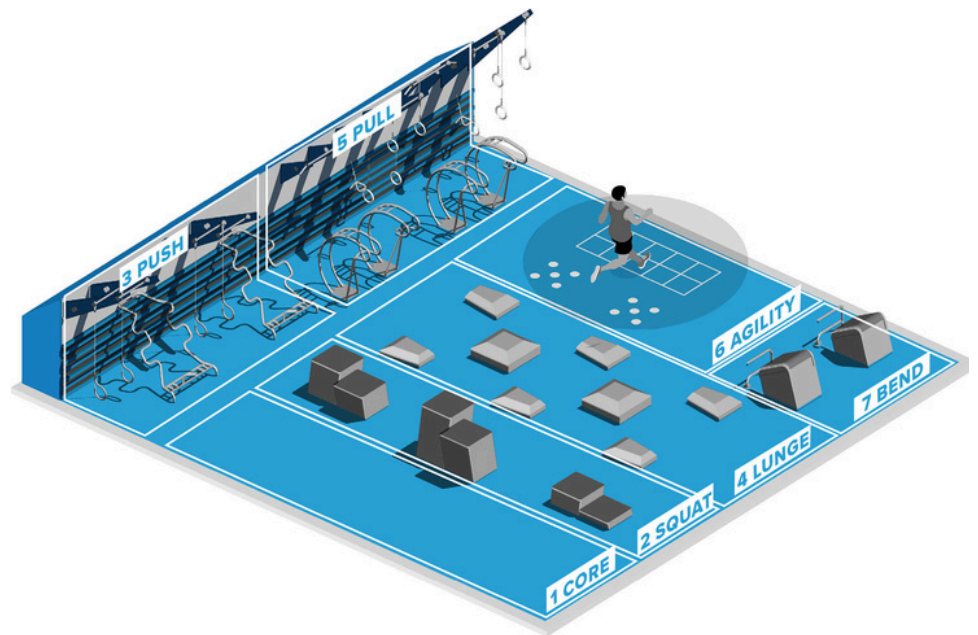
- Jumping Jacks
- Jogging in place

INTERMEDIATE:

- Dot map
- Body Builders
- Up/Downs
- Speed Skaters

EXPERT:

- Burpees
- Ladder Drills



MAJOR MUSCLE GROUPS USED

- Gluteals
- Hamstrings
- Quadriceps
- Pectorals
- Latissimus Dorsi
- Abdominals



Almost all major muscle groups are used during an agility movement.

7. BEND

No matter what **BEND** movement you choose, the primary muscle group involved is the erector spinae. A healthy back allows for movement in different directions, including side-to-side motion (lateral flexion). This helps to increase strength and flexibility of the low back and abdominals, while helping to improve posture.

BASIC MOVEMENTS

BEGINNER:

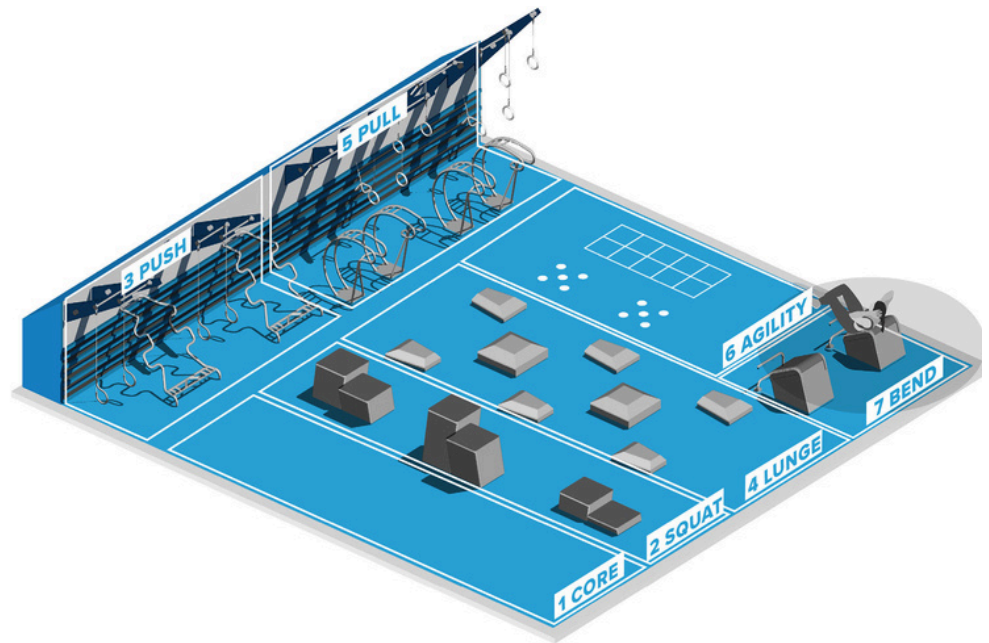
- Hinged Windmills
- Candle Sticks

INTERMEDIATE:

- Back Extension
- Leg Lifts
- Oblique Crunch
- Side Bend

EXPERT:

- Single Leg Romanian Deadlift
- Back Extension with Twist



MAJOR MUSCLE GROUPS USED

- Iliocostalis lumborum
- Longissimus thoracis
- Spinalis



The erector spinae runs down the entire length of the spine, all the way from the neck to the lower back.

Creating Culture

As a Trainer, you have a unique opportunity to create a culture around the Fitness Court in your community. Let's work together to engage your city, and build a fun, safe and inclusive space for all.

OUR PURPOSE

LEARN



Stay up to date with NFC, and learn how to share the latest materials with your community.

TRAIN



Keep your community active with fun activities on the Fitness Court through classes, challenges and tours.

SHARE



Tell your story and create a brand for yourself. Share more about the classes and challenges you lead on social media,



Quick Guide to Coaching

- To be good at group training, first, you must learn how to communicate effectively with people. Practice projecting your voice, using positive language, and giving clear, simple instructions.
- Know your audience and know who you're training. Ask about physical limitations before the class starts so you can offer modifications. You want to set them up for success so they have a good experience and come back again.
- To become better at coaching, coach more! Rehearse at home—walk through your workout, cue out loud, or record yourself and review. Confidence and flow come with repetition.
- NFC offers guidance - through workshops and forums - to help you learn what is needed to get comfortable.
- Exercise selection on the Fitness Court can be as simple or advanced as you choose. We've designed it to be user and trainer-friendly.
- A good program starts with a good plan. Master the plan, and your classes will improve!

Fitness Court® Classes vs. Challenges: Two Ways to Activate Your Community

As a certified Fitness Court Trainer, you have two key tools to engage your community and promote movement: Fitness Court Classes and Fitness Court Challenges. Both are effective ways to activate your Court and inspire people to get moving—but they serve different purposes. Classes focus on group-based training that builds consistency and camaraderie, while Challenges tap into friendly competition and personal achievement to drive participation. Whether you're leading a weekly strength class or inviting users to test their fitness in a 7-station challenge, both options help make fitness more accessible, exciting, and community-driven.



Template 1

THE BASIC CLASS

7 MOVEMENTS | 7 STATIONS | 14-35 MINUTES

STATION	1	2	3	4	5	6	7
MOVEMENT	Plank	Step-Up	Incline Press	Forward	Row	High Knees	Back Extension
WORK	45 Sec	45 Sec	45 Sec	45 Sec	45 Sec	45 Sec	45 Sec

ROUNDS: Repeat Circuit 2 - 5 Times

NOTES:

This is a great way to get all ages and abilities using the Fitness Court. Everyone starts together at different stations with 1-2 people at each station.

Use 7 body weight movements that fit class participants. Stay on each station for 45 seconds with 15 seconds of rest between. Repeat 2-3x for beginners and 4-5x for advanced users.

The first round should be easy: tell the class to treat it like a warm-up. Every round thereafter, encourage the class to attempt a few more reps at each station.

CLASS SIZE: 14 participants or fewer

Template 2

FC7 SUPER SET CLASS

14 MOVEMENTS | 7 STATIONS | 35 MINUTES

STATION	1	2	3	4	5	6	7
	CORE	SQUAT	PUSH	LUNGE	PULL	AGILITY	BEND
MOVEMENT	Alt Arm/ Leg Ext/ Touches	Seated Box Jumps	Walking Pushups	Loaded Single Leg Lunge Pulses R/L	Ringed Row	Toe Taps	Hyper- extension Alt Reach
MOVEMENT	High Plank to Bear Jumps	Loaded Single Step Ups R/L	1 push-up/ 4 mountain climbers	Fwd Step Lunge/Side Lunge R/L	Superman Pulls	Dotted In-N- Outs	Single leg RDL R/L w/ Knee Lift
WORK	45 Sec	45 Sec	45 Sec	45 Sec	45 Sec	45 Sec	45 Sec

NOTES:

This is a more advanced class to lead, but the moves can be modified for any fitness level. Everyone starts together at different stations with 1-2 people at each station.

Warm up with light movement for 2 minutes. Perform both exercises at each station for 45 seconds with 15 seconds of rest between. Repeat each exercise twice before moving to the next station. Cool down for 2 minutes for a total class time of 35 minutes.

Monitor form, encourage pace, and offer regressions as needed.

Be ready with alternatives for participants with mobility or strength limitations.

Keep the energy high and transitions smooth.

CLASS SIZE: 14 participants or fewer

Template 3

FITNESS CHALLENGE

7 MOVEMENTS | 7 STATIONS | AMRAP

STATION	1 CORE	2 SQUAT	3 PUSH	4 LUNGE	5 PULL	6 AGILITY	7 BEND
MOVEMENT	Plank Shoulder Taps	Step-Ups	Incline Push Ups	Alt Forward Lunges	Inverted Rows	Lateral Shuffle w/ Toe Touches	Hyperext ension w/ Alternate Reach
WORK	45 sec AMRAP	45 sec AMRAP	45 sec AMRAP	45 sec AMRAP	45 sec AMRAP	45 sec AMRAP	45 sec AMRAP

The Fitness Challenge is a benchmark bodyweight test designed to measure strength, endurance, and mobility across all seven movement stations on the Fitness Court. This total-body challenge is perfect for individuals who want to test their fitness level, track progress over time, or compete with friends and community members.

NOTES:

- Begin with a 3–5 minute warm-up to activate major muscle groups and prevent injury.
- Demo first. Demonstrate proper form at each station before the Challenge begins to reinforce movement quality.
- Use a timer and cue transitions. Help participants stay focused by calling out time cues and motivating transitions.
- Focus on form over speed. Remind participants that controlled, quality reps count more than rushed ones.
- Encourage scoring and re-testing. Promote tracking scores via the Fitness Court App or scorecard to support long-term engagement and goal setting.

CLASS SIZE: Varies

Challenge Scoring

Goal: Test your functional fitness across 7 key movement patterns using the Fitness Court.
Challenge yourself, compare your score to others in your age group, and come back to beat your personal best.

Format:

- 7 Stations: Complete one exercise at each station.
- Work Interval: 45 seconds (Perform As Many Reps As Possible [AMRAP])
- Transition Interval: 15 seconds (Rest, record your points, move to the next station).
- Total Time: 7 minutes for one full circuit.

Participant Name: _____ Date: _____

Age Group: _____ Gender: _____

Exercise	Reps Completed	Score (0-10)
Plank Shoulder Taps		
Step Ups		
Incline Push-ups		
Alternating Forward Lunges		
Inverted Rows		
Lateral Shuffle w/ Toe Touches		
Hyperextension with Alternate Reach		
Total Score		
Average Score (Total / 7)		
Fitness Rank		

Instructions:

- Perform each exercise for 45 seconds with 15 seconds to transition to the next station.
- Record the number of reps and refer to the ranking tables to assign a score (0-10) for each.
- Total your score and calculate the average (Total / 7).
- Locate your age and gender to determine your fitness rank.
- Ranking tables are provided in separate document.

NFC Workout Template

7 MOVEMENTS | 7 STATIONS | 7-35 MINUTES

STATION	MOVEMENT	MOVEMENT	MOVEMENT	WORK	REST	CLASS SIZE/ NOTES

Community Safety

At National Fitness Campaign, we are deeply committed to promoting community safety as a cornerstone of every Fitness Court® experience. While moderate physical activity is generally safe and beneficial for most people, we strongly encourage all users to consult with a healthcare professional before beginning any new exercise program—especially those with pre-existing medical conditions, injuries, or other health concerns.

As a Fitness Court Trainer, safety starts with you. Your role is not only to guide participants through movements but to foster an inclusive and supportive environment where everyone feels confident and cared for.

Key Responsibilities for Trainers:

- **Know Your Audience:** Before class begins, introduce yourself and take time to ask participants about any physical limitations, past injuries, or health concerns. This helps you adapt exercises to their needs and ensures every participant is working at a safe and appropriate level.
- **Offer Modifications:** Always be prepared with scaled versions of exercises for participants of different fitness levels. Demonstrating modifications upfront builds trust and gives participants permission to listen to their bodies.
- **Prioritize Environment:** Be aware of the weather, surface conditions, and spacing on the Fitness Court. Address hazards and ensure hydration and shade are available as needed, especially during warmer months.
- **Reinforce Proper Technique:** Poor form increases the risk of injury. Take time to demonstrate correct technique and reinforce it throughout the workout with real-time cues and corrections.
- **Encourage Open Communication:** Create a welcoming atmosphere where participants feel comfortable voicing concerns or asking questions. Remind them it's okay to pause, rest, or modify at any time.



Understanding the App

Have fun and get the most out of your workout with the official app of National Fitness Campaign: Fitness Court



Users can easily locate Fitness Courts near them, and stay in the loop about Fitness Courts opening soon!



Users of any fitness level can learn the basics of all seven stations.

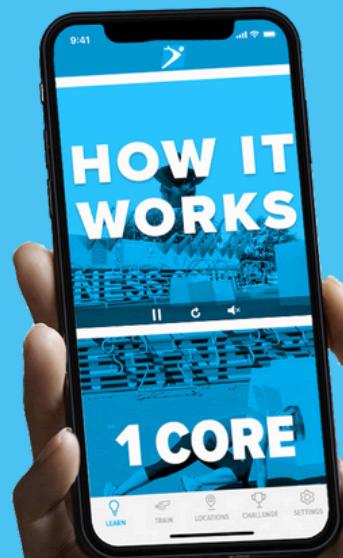


Community members will train with guided audio from in-app celebrity trainers.

A Coach in Your Pocket

Taking outdoor wellness activity to the next level, the Fitness Court® is supported by our integrated Fitness Court® App, with new workouts and challenges delivered on a regular basis.

The Fitness Court App for iOS and Android is a complete digital training system designed to keep people excited about staying fit outdoors.



Scan this QR code to download or download at

www.nfchg.com/app



Thank you!