

FlowLIFT Teacher Training



IN-PERSON TRAINING

FlowLIFT is the sweatiest and most effective workout you'll ever do and being a FlowLIFT teacher takes you to a whole new level! You'll never get bored teaching this class and you'll stay strong, lean, and mentally sharp for years to come. Learn how to teach the best yoga sculpt class on the planet in just one day.

Whether you're looking for a fun side job, adding to your list of existing fitness classes, or thinking about changing careers, FlowLIFT is sure to give you everything you've been looking for.

Certification Requirements

- Completing an 7-hour in-person training with the FlowLIFT founders or certified Master Instructors
- Post Training: 3 cueing hours + 3 practice teaching hours (cueing and practice teaching can be done online and in Spanish)
- Submitting a final teaching video for review (can be done in English or Spanish)
- Maintaining the Instructor Support Membership (\$18/month) to teach the class

Schedule

Saturday or Sunday | 8am - 4pm | one hour lunch break

Pre-Training:

You'll receive a free online membership to do FlowLIFT at home and the digital manual to familiarize yourself with the format and types of moves. It's recommended that you do FlowLIFT at 3x/week to prepare for the training.



Training Day:

The morning portion of the training begins with the FlowLIFT manual class and moves into learning the history of the workout, why it works, the dynamics of moving with weights, proper alignment in vinyasas, the format of the class, the types of moves, cueing, and tips for teaching.

You'll be expected to practice teach both individual moves as well as the different sections of the class.

The afternoon is dedicated to memorizing the FlowLIFT format with transitions, more in-depth practice teaching using the manual class, learning about the certification process after the training, and how to market the class. You'll end the afternoon with teaching the manual class in round robin style with your fellow trainees and receive a certificate for completing the 7-hour program.

Post-Training:

After the training you'll need to submit your cueing sheets for 3 separate classes. You'll watch FlowLIFT classes online to write down the moves on the right side and look back at your notes to demonstrate the moves on the left side. This is an exercise that will help you understand the FlowLIFT format and prepare you for the way you'll be planning your classes in the future.

Next, you'll practice teach 3 classes or the same class 3 times. You can choose the manual class or any of the classes on the site.

Finally you'll record yourself teaching a class and submit it for review. You can teach the class in English or Spanish. Once the FlowLIFT team approves your class you'll receive an acceptance email with a link to upgrade to the FlowLIFT Teacher Membership called "Hot for Teacher"

Teacher Membership:

All FlowLIFT teachers are required to have the FlowLIFT Teacher Membership (\$18/month) in order to teach the class. This membership gives you access to two "teachers only" classes taught by our founders with written choreography and exclusive playlists. These are the classes you'll be using to model your own.

In-Person Program Pricing

\$375 Program Fee

Early bird \$325 one month prior to training

\$18/month required online support to teach the class

All payments are non-refundable. If you are unable to attend the certification course you've registered for, you can apply your payment towards any other FlowLIFT offering.



Online Certification

Get certified to teach at your own pace

We have converted our one-day training into an online format that can be done over the course of three months.

The certification requirements are the same as the in-person training, but you'll get free online classes for the allotted time to complete the training (3 months).

How to do the training:

You'll be watching a series of videos with our founders and doing the designated exercises on your own. There are a series of quizzes along the way to test your knowledge as you progress through the program.

Course curriculum:

The online training is divided into five sections of videos, quizzes, and practice teaching exercises that can be done any time you want.

SECTION 1

FLOWLIFT LICENSING AGREEMENT

1 OF 6

WELCOME FROM OUR FOUNDERS

2 OF 6

WHY FLOWLIFT WORKS

3 OF 6

WEIGHT BREAKDOWN

4 OF 6

HOW TO DO A VINYASA

5 OF 6

SECTION 1 QUIZ

6 OF 6

SECTION 2

FLOWLIFT CLASS FORMAT

1 OF 4

FIVE TYPES OF FLOWLIFT MOVES

2 OF 4

PRACTICE TEACH EACH TYPE OF MOVE

3 OF 4

SECTION 2 QUIZ

4 OF 4

SECTION 3

DEEPER FORMAT BREAKDOWN

1 OF 3

MANUAL CLASS BREAKDOWN

2 OF 3

SECTION 3 QUIZ

3 OF 3

SECTION 4

TEACHING EXERCISE: INTRO

1 OF 7

TRANSITIONS

2 OF 7

TEACHING EXERCISE: WARM-UP

3 OF 7

TEACHING EXERCISE: SERIES 1

4 OF 7

TEACHING EXERCISE: SERIES 2

5 OF 7

TEACHING EXERCISE: ABS/COOLDOWN

6 OF 7

FORMAT & TRANSITIONS QUIZ

7 OF 7

SECTION 5

TEACHING FLOWLIFT

1 OF 8

MUSIC THEORY

2 OF 8

CUEING CLASSES

3 OF 8

PRACTICE TEACHING

4 OF 8

FLOWLIFT TEACHER MEMBERSHIP

5 OF 8

MARKETING FLOWLIFT

6 OF 8

FINAL EXAM

7 OF 8

CONGRATULATIONS & NEXT STEPS

7 OF 8





Online Certification Pricing

\$295 Program Fee

If the training is not completed within three months of the purchase date you will need to pay a re-enrollment fee of \$195 to get access again.

**All payments are non-refundable.*



Ready to jump in?
Head back to our site to sign up for the
training that's best for you!



FlowLIFT