

10 Reasons to Get Connected and Train with Heart Zones Training



<p>1 RESEARCH and EDUCATION</p> <p>Heart Zones USA continually reads, updates, creates, and reviews new heart rate training research. This keeps you current on cardiovascular (CV) research application. Heart Zones USA's branded and proprietary training system is the world leader in using the heart rate monitor, metabolic meters, and power monitors.</p>	<p>6 SUPPORT MATERIALS</p> <p>Heart Zones USA materials are constantly reviewed and updated assuring you of the most current training information. Every participant receives a great value for their dollar: Heart Zones Training Syllabus, workshop packet of cards, and a Professional Application Syllabus. All of these materials enable the Trainer to begin teaching Heart Zones Training material to clients immediately.</p>
<p>2 CONTINUING EDUCATION</p> <p>Heart Zones USA provides continuing education units for American Council on Exercise, AFAA, USA Triathlon, ACSM, and USA Cycling.</p>	<p>7 PARTNERSHIPS</p> <p>Heart Zones USA has partnered with some of the largest clubs to develop in-house training for staff. Certified Trainers can take advantage of partnerships with equipment supply companies for discounted products.</p>
<p>3 TRAINING</p> <p>The branded and proprietary training system, Heart Zones Training, is based on thousands of research articles. It is core cardio-training. In our Cycling qualification (Level 1: Cycling), individuals acquire the knowledge of how to lead a heart rate based cycling class. In our Personal Training qualification (Level 1 Personal Training and Coaching), individuals acquire the knowledge of how to write a cardiovascular training program using zones and periodized training load. There are three levels of certifications:</p> <ul style="list-style-type: none"> Level 1. Foundation Level 2. Advanced Level 3. Expert 	<p>8 ONGOING SUPPORT</p> <p>Heart Zones USA offers opportunities for continuing education to support your fitness professionals. The company offers additional levels of certification, an annual conference, and a NEW Professional Resource Zone. The PRZ is a membership program designed specifically for Heart Zones USA Trainers to provide support, articles, handouts and successful business strategies to increase their learning and their revenue. All newly certified trainers receive a 120-day free membership in the Professional Resource Zone as part of the benefits of completing the Qualification events.</p>
<p>4 PRODUCTS</p> <p>Heart Zones USA continues to create, develop, and offer support materials to assure the successful implementation of Heart Zones Training methodology. We have educational DVD's, charts, cards, testing packets, books, logo gear and heart rate monitors, all at discount prices. 8-week "Group Training programs" are available for cycling, triathlon, and running.</p>	<p>9 REVENUE OPPORTUNITIES</p> <p>Heart Zones USA gives you a competitive edge over other facilities. Your indoor cycling, personal trainers, and coaches are certified to lead Zones Training classes, tests and assessments, workshops, group classes, and group and individual training programs for clients. In addition, you can increase your revenue from your pro shop with sales of Heart Zones USA products and heart rate monitors.</p>
<p>5 TRAINERS</p> <p>Heart Zones USA Master Trainers are at two levels:</p> <ul style="list-style-type: none"> ▪ Level 4. Local/Regional Master Trainer ▪ Level 5. National Master Trainer <p>They have extensive experience in corporate, health, and club settings and only become Master Trainers after 3-5 years minimum of advanced work in the Heart Zones Training system.</p>	<p>10 INCREASED MEMBER SATISFACTION</p> <p>Heart Zones USA guarantees that you can increase the overall safety of your members' CV workouts by monitoring their heart rate and by guiding them with proper training principles in both group and individual settings....this leads to increased member retention at your facility.</p>