

# FABS

Flexibility | Aerobic | Balance | Strength



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If you opt to complete FABS or Fast Track FABS online, all the eLearning will be the same allowing you to learn in your own time in your own home. You will also complete practical days online rather than face-to-face at a training venue. Please read to following carefully which explains the online practical days:

- Your online training/assessment will be done over two days from 9am to 5pm on Zoom but don't worry, there's lots of break out time, group sessions and of course exercise throughout both days.
- You need to be able to access Zoom (check system requirements [here](#)) and be available throughout both days.
- You need to have a safe space to exercise and where you won't be disturbed so you can give your full attention to learning and exercising.
- You'll get to watch a presentation beforehand to cover everything you need to know in advance, this helps to reduce screen-time on the day so the focus will be on the practical elements of teaching exercise.
- On day one you will cover all the exercise to music components – warm up, aerobics and cool down. You will have time to practice in small teams and then you'll deliver the routine which you've rehearsed to a small group and your Trainer will observe and assess this.
- On day two you will cover strength, balance and flexibility. You will have time to practice in small teams and then you'll deliver the routine which you've rehearsed to a small group and your Trainer will observe and assess this.
- At the end of day two your Trainer will give you one-to-one feedback so you will know your results straight away.
- There will be regular breaks and a long lunch break to ensure you don't get Zoom fatigue!

Please ensure you can complete FABS online before purchasing.

