

## **RE-creational trainer**

*“Re-creat yourself and be a better human being.*

*Get stronger in each cell of your body and mind.*

*Here is the system to follow.*

*Simple but not easy at all.”*

*I’ve created a system based on my studies that gives you a new perspective of your lifestyle.*

*I am going to be your **Personal Trainer** who guides you through your daily activities and training.*

*I will learn instead of you, so you will get the essence from my knowledge of what I’ve gathered through the last ten years. You have just to follow my guidelines step by step till you achieve your desired result.*

### **Principles**

*Test yourself before start  
Follow the chosen program  
Be patient  
**Find the flow***

### **Pillars**

*Mindset  
Diet  
Breathing  
Training*

### **Systems/Certifications**

*Recreation master’s degree  
FMS  
SFG  
TRX  
EXOS*

## **Methods**

*Steps*

*Get access to the **RE-creation | Base | Online** Facebook group.*

### **RE-creation | Base | Online**

*Included all the basics that you need to know before you choose between the beginner modules*

*Screening*

*Breathing*

*Soft tissue massage*

*Corrective strategies*

*Barefoot training*

*Stretching*

*Conditioning*

*“Start from the beginning and create a solid base for your new lifestyle.”*

### **Screening**

*(3 options)*

*FunctionalMobile Online (live) on the link below*

*[https://www.recreationaltrainer.com/bookings-checkout/functionalmobile?referral=service\\_list\\_widget](https://www.recreationaltrainer.com/bookings-checkout/functionalmobile?referral=service_list_widget)*

*Video sending (evaluation by Zoltan Varga)*

*(you can find the details in the RE-creation | Base | Online Facebook group on the link below)*

*<https://www.facebook.com/groups/184420346796470>*

### **Self-screening**

#### **Pillars:**

*Breathing*

*Basic movement patterns*

*Stability and mobility balance*

*Aerobic based conditioning*

*Range of motion increasing*

*Create a routine and prepare yourself for the flow experience*

## **Beginner modules**

*(3 different options)*

*“Find the flow.”*

### **Basic movement patterns**

#### **RE-creation | no equipment | Online**

- Plank
- Hip hinge
- Squat
- Lunge
- Push-up
- Handstand

#### **RE-creation | Kettlebell | Online**

- TGU
- Swing
- Clean
- Military Press
- Front Squat
- Snatch

#### **RE-creation | TRX | Online**

- Plank
- Push
- Pull
- Rotate
- Squat
- Lunge

### **Conditioning**

*-aerobic energy system*

*(you can find it in the RE-creation | Base | Online Facebook group)*

- Walking*
- Running*
- Cycling*
- Swimming*
- Hiking*

