



WORKING WITH
LARGER BODIES

COURSE
INFORMATION

Last update: 8.12.23



Presented by
Scaled Nation Training

Scaled Nation Training

Scaled Nation Training is a fitness-education company specializing in working with Larger-Bodied Athletes. We strive to make working out more accessible for the fastest-growing population in the world – those with larger bodies.

MISSION

To improve the lives of athletes living with obesity by empowering their coaches through education and advocacy.

CORE VALUES

- Elevate others: We support and encourage our gym owners, coaches, and staff with open hearts, creative ideas, and a "sky's the limit" attitude.
- Engage fearlessly: Curiosity is our BFF! We ask questions, embrace vulnerability, and celebrate diverse opinions. Listening with an open mind is our jam.
- Collaborate openly: Trust, transparency, and empathy are the building blocks of our rock-solid relationships. We've got each other's backs!
- Continuous growth & learning: We're total knowledge junkies, always looking to improve and embrace new ideas. Mistakes? No biggie! We learn from them and appreciate honest feedback.
- We make a difference: We show up as our true selves, ready to make a positive impact. Let's change the world together!

Seminar Basics & Host Incentives

Here's a few numbers:

8	\$699*	10	18
HOUR SEMINAR	REGISTRATION COST PP USD	MIN CLASS SIZE	MAX CLASS SIZE

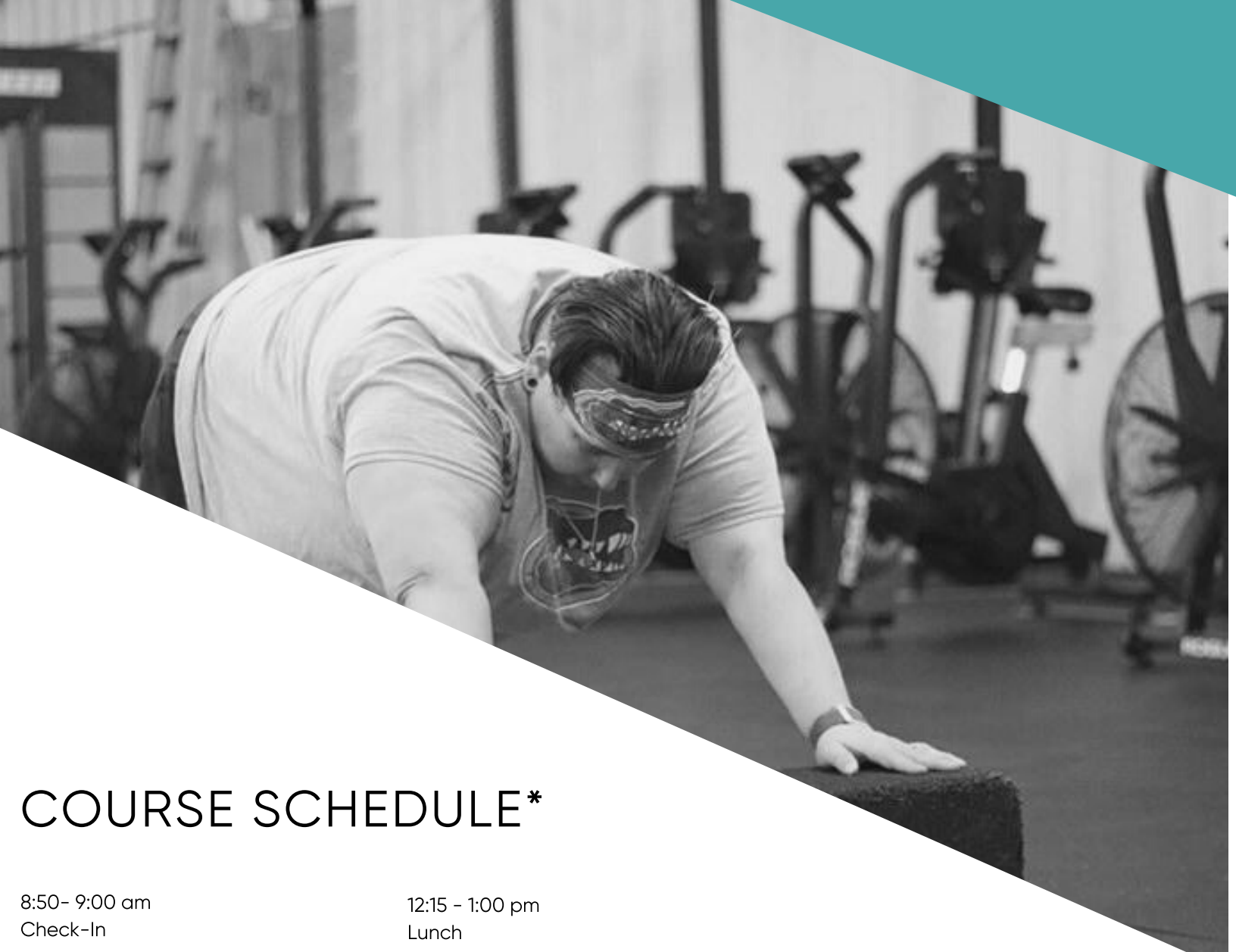
HOST INCENTIVES

- 1 scholarship spot
- Additional scholarship spot will be offered with at least 12 registrations
- Host will receive unique link to advertise registrations. Host will receive 10% of all registrations made through this link.
- Group registrations of 3 or more will receive 10% discount. Please inquire to receive code.

SEMINAR INCLUDES

- Printed full color course workbook
- Digital Resource Manual (Fall 2023) which will include access to LBA Image Library
- Invitation to Scaled Nation group for continued support and programming questions.

*Scaled Nation Training reserves the right to update this at anytime.



COURSE SCHEDULE*

8:50- 9:00 am
Check-In

12:15 - 1:00 pm
Lunch

9:00 - 9:25am
Openers

1:00 - 2:05 pm
The Basics

9:25- 10:35 am
Language & Obesity Awareness

2:05- 2:40 pm
Accommodations & Equipment

Break

2:45- 4:45 pm
Scaling Forward

10:40 - 11:30 am
Can You Relate?

4:45- 5:00 pm
Closing Q&A

11:30 - 12:15 pm
Growth Opportunity

*Scaled Nation Training reserves the right to update this at anytime. As the course evolves, so might the timing on curriculum areas.

Key Learning Objectives

- Increase coach's education on obesity.
- Build a further understanding of larger bodies by addressing common concerns from the athlete's perspective to empower and support individuals affected by obesity.
- Understand the gym's growth opportunity with the larger-bodied demographic and how to implement it.
- Ensure the gym can effectively accommodate the larger-bodied athlete; coaches know the equipment and available resources.
- Improve coaching skills by creating a continuum of small wins, building confidence in athletes, and developing a more robust gym culture.
- Have increased confidence, knowledge, and creativity in modifications and progression options specific to larger bodies.



HOST CHECKLIST

- The gym should be available from 8:00 a.m. to 5:30 p.m. on the day of the seminar with no other classes or distractions scheduled.
- Scaled Nation Training staff will need the ability to set up the night before.
- The gym location should not be more than a 1-hour drive from the nearest airport.
- At least 2,500 square feet of open floor space (this can be flexible depending on set up)
- A basic first aid kit should be available.
- 10-18 jump ropes
- 3-4 weightlifting benches.
- 10-18 45-lb plates.
- 5-9 med balls.
- 5-9 kettlebells.
- 3-4 12-inch boxes. If the gym does not have 12-inch boxes, 45-lb plates can be substituted
- Various bands for demonstration.
- Two rowers and two air bikes for demonstration.
- At least 1 (4x8) dry-erase board with dry-erase markers and an eraser should be provided.
- Wall space for a projector screen should be located near a table and outlet and should be able to connect to a laptop.
- WIFI access
- At least one bathroom.
- 1 chair should be provided for every student.
- The minimum number of attendees is 10, and the maximum is 18.
- **Be willing to share and advertise the course on social media channels to help ensure that we meet the minimum registrations.**

Unfortunately, your gym will not be a good fit if:

- You intend to conduct classes or any other event that will distract attendees during the day of the seminar.
- You have less than 2000 square feet of floor space.