

# Certified Custom Calibrated Resistance™ Specialist 1.0



Application of an innovative paradigm shift in resistance training. *Custom Calibrated Resistance™ (CCR)* removes the limitations of conventional training methods. By precisely matching the force of the user at all times, *CCR™* unlocks a whole new form of training that improves intensity, efficiency, and safety. Learn the science that supports Supramaximal Eccentric and Isokinetic Training and explore applications for all demographics ranging from elite athlete to post-op rehab. In the Lab portion we will apply these concepts with hands on movements that activate entire kinetic chains and demand increased neural drive and organization. Safely maximize force generation to optimize performance, strength, rehab, and fitness.

## August 7th, 2021 (Sat.)

Course Location:



3810 Rosecrans St., San Diego, CA 92110

Course Options	PROFESSIONAL/ CLINICIAN	INDIVIDUAL/ STUDENT
Course + Synapse Trainer Pro Package (reg.\$399.99)	\$ 700	\$600
Course Only	\$ 400	\$300



**Instructor: Raj Chaudhuri**

**Bio:** Professional Tennis Coach / Strength and Conditioning Coach with over 2 decades of experience working with numerous Grand Slam and WTA Tour Champions as well as US Fed Cup, and Olympic Teams. Creator of Custom Calibrated Resistance™ and inventor of the Synapse® Strength Training System.

### Testimonial

"The reason it's been such a **game changer** for me is that it is allowing me to help my athletes no matter where we are... to really help them load that deceleration phase, that eccentric phase of movement. To really work on some of the isometric strength we need to have. To build up that body awareness, that body control...I can load these guys with a crazy amount of eccentric loading, crazy amount of deceleration...more than I could with any other piece of equipment... in a very safe and controlled manner."

-Jason The Coaching Sweet Spot

**REGISTER TODAY**

**LIVE SEMINAR CEU info: Credits listed below are for full attendance the live event only**

**ATHLETIC TRAINERS:** Aquire (BOC AP#: P10099) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 8 hours (Category A) hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**CHIROPRACTORS:** Aquire is an approved Board of Chiropractic Examiners provider.

**MASSAGE THERAPIST:** Aquire is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #1456. This course is offered for 8.0 CE hours. 100% attendance is required for a Certificate of Completion to be issued, no variable credit is given.

**PHYSICAL THERAPISTS/PHYSICAL THERAPY ASSISTANTS:** This activity consists of 8.0 clock hours of instruction that is applicable for physical therapist/physical therapy assistants. CE requirements for PTs vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

More Info [www.askaquire.com](http://www.askaquire.com) ~ [hello@askaquire.com](mailto:hello@askaquire.com) ~ (949) 800-9982

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# Certified Custom Calibrated Resistance™ Specialist

## LECTURE (Live or Self-Study)

- Evolution of Synapse® and CCR™
- Phases of movement - Concentric, Isometric, Eccentric
- Define Supramaximal Eccentric and Isokinetic Training
- Review of research based benefits of Supramaximal Eccentric / Isokinetic Training
- Inhibiting factors to engaging in Supramaximal Eccentric / Isokinetic Training
- Discuss conventional training limitations in relation to the strength curve
- Synapse® 90 sec set to fully exhaust all muscle fiber types - demonstration
- Advantages of Custom Calibrated Resistance™
- Discuss muscle fiber types, corresponding fuel sources and energy pathways, activation and recovery
- Review of pros and cons of equipment options and methods to engage in Isokinetic and Supramaximal Eccentric Training

## CLINICAL/LAB (In-Person)

- Hands on exploration of various methods of Supramaximal Eccentric / Isokinetic training
- Synapse® Unit set up procedures
- Core principles when implementing Custom Calibrated Resistance™
- Understanding force vectors and leveraging them to tailor resistance across movements
- Common Mistakes / Safety Considerations
- Exercise / Movement progressions to increase neural drive, proprioception, muscular stimulus, and range of movement for the whole body.
- Use Custom Calibrated Resistance™ to perform various example movements with the 90 sec protocol in Trainer Mode
- Implementing Custom Calibrated Resistance™ in Solo mode
- Movement Creation Challenge- Trainer Mode and Solo Mode
- Presentations of exercises created in Movement Creation Challenge with follow up discussion
- Explore further therapeutic and training applications for Custom Calibrated Resistance™

## LEARNING OBJECTIVES

1. Identify the neurological benefits of triplanar, dynamic eccentric loading vs. traditional eccentric exercises.
2. Demonstrate the benefits of Custom Calibrated Resistance™ exercises vs. traditional weights.
3. Demonstrate and identify how to increase range-of-motion using calibrated eccentric exercises.
4. Demonstrate proper application of safely incorporating eccentric exercises in neuro rehabilitation.
5. Identify the proprioceptive benefits of eccentric exercises for athletics including enhanced athletic performance, balance, stabilization, and injury prevention.
6. Demonstrate and safely apply Supramaximal Eccentric and Isokinetic training with progressions to address a variety of applications (from post - op rehab through maximal training for athletic enhancement).

## COURSE INFO

- Synapse® system options
- Digital course manual on portable flash drive
- Certificate of Completion
- CEU Approved - 8 Contact Hours
  - (AT, DC, CMT, LMT, PT, PTA)
- Lecture with demonstration and hands-on lab
- Faculty to Student Ratio, 1:16

In compliance with CE requirements, Aquire is required to disclose financial or other association with any manufacture, commercial products/supporters. We disclose such association with Synapse®. The equipment options will be used during the course for demonstration and practice purposes and will be offered for purchase. In no way is the sale of the products the primary purpose of this course. The techniques offered during the course are generalized and providers should decide what equipment and treatment is best for each individual patient.

Aquire does not discriminate on basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, or age. Aquire is committed to accessibility and non-discrimination in all aspect of its continuing education activities. Participants who have special needs are encouraged to contact us so that all reasonable efforts to accommodate these needs to be made.

## Outline of Schedule

9:15am – 9:30am	Check-In
9:30am – 11:00am	Introduction Phases of movement - Concentric, Isometric, Eccentric Define Supramaximal Eccentric and Isokinetic Training Review of research based benefits of Supramaximal Eccentric / Isokinetic Training Inhibiting factors to engaging in Supramaximal Eccentric / Isokinetic Training Discuss Conventional training limitations in relation to the strength curve Advantages of Custom Calibrated Resistance™ (Synapse®) 90 sec set to fully exhaust all muscle fiber types - demonstration Discuss muscle fiber types, corresponding fuel sources and energy pathways, activation and recovery
11:00am – 11:15am	Break
11:15am – 1:30pm	Review of pros and cons of equipment options and methods to engage in Isokinetic and Supramaximal Eccentric training Hands on exploration of various methods of Supramaximal Eccentric / Isokinetic training Synapse® Unit set up procedures Core principles when implementing Custom Calibrated Resistance™ Understanding force vectors and leveraging them to tailor resistance across movements
1:30pm – 2:00pm	Lunch
2:00pm – 4:30pm	Common Mistakes/ Safety Considerations Exercise / Movement progressions to increase neural drive, coordination, muscular stimulus, and range of movement for the whole body. Use Custom Calibrated Resistance™ to perform various example movements with the 90 sec protocol in Trainer Mode Implementing Custom Calibrated Resistance in Solo mode
4:30pm – 5:00pm	Written Exam
5:00pm – 6:45pm	Movement Creation Challenge - Trainer Mode and Solo Mode Presentations of exercises created in Movement Creation Challenge with follow up discussion Explore further therapeutic and training applications for Custom Calibrated Resistance™ Wrap up
6:45p – 7:00pm	Q&A and participant evaluation

## CANCELLATION POLICY

Cancellation made less than 30 days prior to program date will be refunded minus \$100 cancellation fee. Participants canceling greater than 30 calendar days of the program may receive a refund less a \$50 administrative fee.

If you would like to *transfer* your program fees to a different program or same program on a later date, you are able to do so without penalty 30 days before the program start date. If you would like to transfer to a different program less than 30 days before the program start date, a \$50 transfer fee will apply. You have 9 months from the purchase date to use your credit. Participants who do not notify us of transfer or of their absence within the allotted 7 days will forfeit all funds.



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