Faster

LEVEL 3 AWARD · DELIVERED THROUGH FOCUS AWARDS

PRE & POSTNATAL TRAINING

£300

Payment plans available

For trainers who already hold a Level 3. What it is, how you pass it, and what you get when you do.

READ THIS FIRST

FIRST, YOU NEED YOUR LEVEL 3

To sit this course you need a Level 3 or equivalent certification in the UK.

That is there to protect you. Training somebody through a pregnancy without it puts you outside your insurance.

If you do not hold your Level 3 yet, FASTER teaches it. Start there, then come back to this one.

WHO THIS IS FOR

THIS IS THE COURSE FOR YOU

You are already a Personal Trainer, or a Level 3 Fitness professional and you want to expand your client base, focus on pre- postnatal clients, or you have found that you get a lot of pre-postnatal clients and you want to be able to deliver to them in the knowledge you have done the training and you are bringing safe exercise sessions to the client.

JOHN HARDY, FOUNDER

WHAT IT IS

THE FACTS

THE COURSE

The FOCUS Awards Level 3 Award in Developing Pre and Postnatal Exercise Sessions.

PRICE

£300

Payment plans available. That is the standing price and it is never discounted.

WHO IT IS FOR

Qualified trainers holding a Level 3 or equivalent certification in the UK.

HOW

Online and self-paced, with free return access to the content.

FROM THE COURSE ITSELF

WHAT YOU LEARN TO SEE

A few teaching points from the course, about what a trainer learns to see. This is not exercise advice. That is what the course and the qualification are for.

TEACHING POINT J/617/6335 1.4 AND 1.7

"POST-NATAL" IS NOT SIX WEEKS

The course defines the post-natal period as commonly about six weeks, and up to six months or a year. It also separates five kinds of perineal trauma, with recovery times that run from a few weeks to around four months. So how long ago the baby was born does not tell you where your client is. You learn which questions do.

TEACHING POINT J/617/6335 1.2

JOINTS CHANGE AS WELL AS SHAPE

In the second trimester the course points to the hormone relaxin, which may loosen ligaments and affect joint stability, and to posture changing as the centre of gravity shifts. The course teaches a trainer to see those changes as well as the bump.

TEACHING POINT J/617/6335 1.5

SOME CLIENTS WILL NOT TELL YOU, AND THAT IS THEIRS

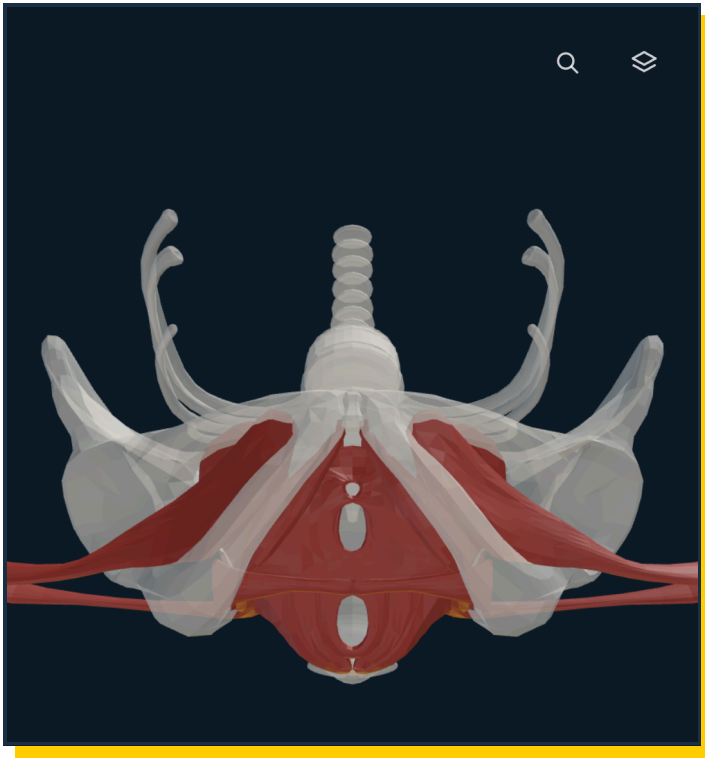
Some clients will have experienced infertility, miscarriage or stillbirth, and some will choose not to say. The course teaches open questions that let a client share as much or as little as they wish, privacy for any conversation, and knowing when to refer to a specialist.

THE REAL THING

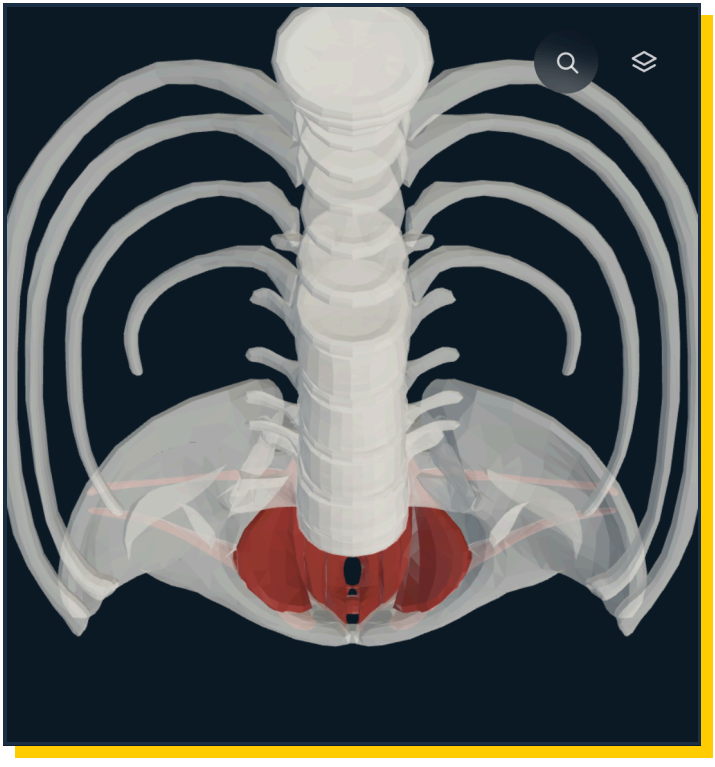
SEE IT FOR YOURSELF

These are the real screens from the course, as a student sees them on a phone.

The model moves. Play the breath and watch the diaphragm and the pelvic floor move together, peel the layers away, turn it to look from any side, and tap a muscle to name it. It sits inside the lessons.



The core and pelvic floor model from underneath: the real pelvic floor muscles sitting in the bony pelvis.



From above, looking down into the canister, with the pelvic floor as its base.

HOW YOU PASS IT

TO PASS IT, HERE'S WHAT YOU ACTUALLY DO

THE KNOWLEDGE.

You get the information, then the question. You answer it, submit it, move on. No downloading a document, filling it in and re-uploading it. No waiting for a module to unlock. No hunting through a book for the answer, or hoping you memorised the right bit for a multiple-choice exam.

You get feedback on **every teaching point** in the course. When you get stuck you can book a call, or ask when you submit. And when it needs real explaining, the marker records you a **personal video lesson that lands straight in your course**.

THE CASE STUDIES.

This is where you learn the trade: interviewing, programming, delivering the exercise. We'll come out to you and do it live, or do it on Zoom from a gym that'll have you, or you film it and send it. Whatever works. **We don't charge more for any of those.**

AND THE BIT NOBODY THINKS ABOUT.

Learning gets tainted by school, or by one bad experience, or by just not having done it for years. Then you add technology, which is a pain, and materials that assume you're comfortable with a computer.

We don't want to know how well you work a website or use Word. We want to know you know about being a great trainer.

So the case studies are built into the site. Do them on your phone, it saves as you go, and it's there on your laptop when you sit down. No App Store, no Google Play. Pin it to your home screen and it's just there.

Want to print the notes and go old school? We got you.
Want the audio downloaded for when you've got no signal? We got you.

And you can WhatsApp John whenever you like, including to tell him something's annoying you. He'd genuinely rather know, and he'll answer.

HOW IT IS ASSESSED

> It is a number of modules with short answer questions and then a case study based on one of our clients to test your programme writing skills.
>
> **JOHN HARDY**

BUILT FOR HOW YOU LEARN

HOWEVER YOUR BRAIN WORKS

DICTATE INSTEAD OF TYPING

Every written answer box has a dictate button. Speak your answer and it types it for you, using your own browser, so nothing is uploaded by us.

BUILT FOR NEURODIVERGENT LEARNERS

The site is designed for people who are neurodivergent, or have neurodivergent traits: work that saves as you go, lessons you can listen to as well as read, and answers you can speak rather than type.

STREAKS THAT PAUSE, NEVER RESET

Your study streak counts the days you learn. You set your own goal, from one day a week to seven, and a missed day pauses the streak rather than wiping it.

ACCESSIBLE BY DESIGN

The site is built to the WCAG 2.2 accessibility standard at level AA, checked on the built pages, with a high-contrast option that takes it to AAA.

KEEP IT PLAIN

One switch turns off the extras, the streaks, the badges, the celebrations and the movement, and the site stays plain and calm. Switch them back on whenever you like.

WHAT HAPPENS AFTER

WHY WE GIVE YOU THE SOFTWARE

So they say you might have to pay a gym rent, you might get to swap floor hour wages for a free gym rent, or they say you can get employed and get paid. You can also do it yourself from home, in parks and local halls (they don't tell you this often because it upsets their partners in the industry, who they want to make money from and for, we don't team up with them so they can F off, which stands for Faster off).

This is the monthly bill for some trainers –

- **Website**
- **Calendar / booking system**
- **Client Management System**
- **Image Designer**
- **Video Designer**
- **Video Analysis software subscription**
- **CRM**
- **Trainer Register**

> Together that is a decent monthly wack, before you start paying rent, with your time, your money or having to work in a big sales environment with a small % of what you charge returned to you
>
> We got all those for you, just for doing a course with us. We want you on our side.
>
> **JOHN HARDY**

Every one of those eight is in PT Manager. PT Manager is yours to learn on from the day you sign up. Using it with real clients comes once you hold your Level 3 and are listed on the FASTER Trainer Register. The whole list, and why each tool exists, is at the back of this book.

THE LINKS

NEXT

SEE THE COURSE, AND THE PRICE

www.fasterfunction.com/course/trainprepostnatal

Message John on WhatsApp. He answers it himself. Ask him anything, including whether this is right for you. He'll tell you if it isn't.

MESSAGE JOHN ON WHATSAPP

wa.me/447761996986

ONE MORE THING

PS: ADD CORE & PELVIC FLOOR

Add Core & Pelvic Floor Specialist to your Pre & Postnatal. It goes deep on pelvic floor and core function, the specialist depth that sits on top of this course.

CORE & PELVIC FLOOR SPECIALIST **£1,800**

Payment plans available

Taught online by the people who wrote it, with free return access and payment plans at checkout.

Ask John whether it is the right next step. He will tell you honestly.

AT THE BACK

EVERY TOOL IN PT MANAGER

All 60 of them, in the order a trainer needs them, and why each one was built.

PT Manager is yours to learn on from the day you sign up. Using it with real clients comes once you hold your Level 3 and are listed on the FASTER Trainer Register.

SET-UP

Done once, before a client arrives

YOUR WEBSITE

A free website on your own web address, filled from PT Manager. Or just the client sign-in on your domain.

Built because a trainer should not pay a web designer every month to keep one page up.

YOUR PUBLIC PAGE

Your verified Trainer Register listing, linking out to your own site and socials.

Built because clients want to know a trainer is qualified and insured before they get in touch.

MONEY

Products, payments through your own Stripe, and who owes what.

Built because a booking app that takes a cut of every session is taking a cut of your skill.

PRODUCTS AND SERVICES

Blocks, packages, memberships and one-offs, with their prices.

Built because a price that lives in your head gets quoted differently every time.

INSURANCE

Your policy and its expiry, on record.

Built because cover that lapses without you noticing is the risk nobody plans for.

YOUR ENROLMENT PACK

What every new client gets the moment you enrol them: your forms, ours, or a mix.

Built because the welcome is where a new client decides how organised you are, and it should not depend on you remembering every step.

MY BRAND AND CLIENT VIEW

Your header, colour, logo and what clients see when they log in.

Built because your clients are buying you, so the screen they use should look like your business.

SEND FROM YOUR OWN EMAIL

Invites arrive from your address, on your own domain.

Built because a client opens an email from their trainer before one from a platform they have never heard of.

IMPORT CLIENTS

Bring a whole client list across in one go.

Built because typing every client in again is why most trainers never leave the app they are paying for.

EXERCISE LIBRARY

Every exercise with FASTER coaching detail beside it.

Built because a name on a list does not tell you how to coach it.

PROGRAMME TEMPLATES

The programme shapes you reuse, from one session to twelve weeks. Pick one for a client and they get their own copy.

Built because you write the same shape of programme again and again, and each client still needs it to be theirs.

MY QUOTES

The daily lines your clients see, in your words.

Built because a client should hear their trainer's voice between sessions, not a poster's.

MY MENU

Switch any tool on or off, for your menu and your whole account.

Built because a screen full of things you do not use is a screen that slows you down.

BUSINESS DAY TO DAY

What you open on a working morning

CLIENTS

Your client list. Invite a client, open them, and everything about them is in one place.

Built because notes on your phone, forms in a drawer and messages in three apps is how clients get forgotten.

CALENDAR

Sessions, classes, capacity and bookings, and clients book themselves in.

Built because texting back and forth to find a time costs you the hour you were trying to fill.

WHO NEEDS CHASING

Every conversation about money, in the order to work through them.

Built because the money you have already earned is the cheapest money there is, and most of it gets forgotten.

NUDGES

Who needs a message today, one tap each.

Built because a client who drifts away rarely says so. They just stop booking.

WHAT NEEDS DOING

Your own list, in your own words, beside your clients.

Built because the jobs you keep meaning to get to are usually the ones that grow the business.

WHAT YOU ARE MAKING

What comes in each month, what was paid in the last 30 days, and what sells.

Built because knowing your numbers should not mean opening three apps.

TILL

Sell at the desk by cash, card or a pay link on their phone, and download the sales sheet.

Built because the drinks and protein you sell at the desk should not need a second system and a shoebox of receipts.

REMINDERS

Insurance and first aid dates, flagged ahead of time.

Built because the dates your business cannot let lapse are the ones that arrive while you are busy.

CLUBS

Group clients into a club with a shared board, a programme, and a monthly price if you want one.

Built because clients who know each other keep coming back.

CHALLENGES

A dated challenge everyone logs against, for all your clients or for one club.

Built because a month with a shared target gives people a reason to turn up.

TEMPLATES AND SYSTEMS

Built once, used on everyone

FORMS AND INTERVIEWS

PAR-Q, consent, consultations and your own forms, signed in the client's space.

Built because the paperwork you need most is the paperwork that goes missing.

PROGRAMMES

Start any programme, from one session to a season, and find every one you have built.

Built because there used to be six ways to start a programme, and you only need one door.

MY PROGRAMMES

Every programme card you have built, in a folder per plan.

Built because a programme you cannot find is a programme you write twice.

THE MONTH

Log every lift, test week, and next month's programme writes itself from the results.

Built because progress a client can see is progress a client pays for again.

12-WEEK PLAN

The outcome, the goals, the blocks, the weekly sessions, then the session cards.

Built because a long plan still has to make sense in week nine.

PRE-MADE PROGRAMMES

A library of starting blocks, then make it yours.

Built because a blank page is the slowest way to start.

ATHLETIC CENTRE

An athlete's or a team's season: demands, competitions, phases and weeks.

Built because a sports client trains around fixtures, not around your diary.

SPORTS SEASON PLANNER

Plan a team or an athlete season.

Built because a season has a shape, and it should be planned before it starts.

SPORT SCREENS

Pick a sport: the shots to film, the analyser, and a radar of the qualities that matter.

Built because every sport asks for different qualities, and you should not build the test from scratch each time.

MOVEMENT SCREEN TO RADAR

Joint angles read off the analyser, scored onto a radar wheel.

Built because a screen you score by hand is a screen you stop doing.

ASSESSMENT BUILDER

Build and run assessments and re-tests.

Built because a re-test is the moment a client sees how far they have come.

GAMES AND DRILLS PLANNER

Build game-based sessions and drills.

Built because group sessions that feel like games are the ones people bring their friends to.

COACHING ROOM

Wheels, journeys and coaching resources on one shelf.

Built because the coaching between sessions is where results are kept.

RADAR WHEELS

A life or performance wheel your client fills in, compared over time.

Built because clients change in ways a scale and a tape measure never show.

PATHWAYS

Coaching journeys you assign once, and the client follows.

Built because the coaching message you mean to send every week is the one that gets missed.

NUTRITION BY FASTER

Nutrition sheets and habits, kept inside a trainer's scope.

Built because clients ask about food every week, and you need a way to help that does not pretend to be a meal plan.

TAG ANALYTICS

Every tag across your clips, grouped and ready to export.

Built because finding every clip of one thing should not mean watching them all again.

CLIENT

Your client's own page

BEFORE AND AFTER

Side-by-side progress comparisons.

Built because clients forget where they started.

AI PROMPTS

Your own library of prompts for coaching messages.

Built because writing the same kind of message from scratch every week eats the time you would rather spend coaching.

TRAINER TOOLS

Picked up mid-session

LIVE ANALYSIS

Phone on a stand: skeleton, reps, angles and depth in real time.

Built because you cannot watch the angle, count the reps and coach the person all at once.

CLIENT VIDEO ANALYSIS

Your media library, a folder per client. Pick a clip to analyse.

Built because client clips scattered across your camera roll never get looked at properly.

MOVEMENT BY FASTER (HMAC)

Human movement analysis charts from a clip.

Built because describing how a client moves, in words they understand, is the skill that sets a trainer apart.

MOVEMENT DEMONSTRATOR

A 3D model of the FASTER movement patterns, the prime movers lit up, live joint angles.

Built because showing a client which muscles a movement uses beats describing it.

EXERCISE GENERATOR

Fresh exercise ideas from the kit and the limits you set.

Built because sessions drift into the same ten exercises when you are tired.

FASTER DICE AND WHEEL

Spin-and-roll variety for groups and games.

Built because variety for a group should not take an hour of planning.

TELL A GROUP

One message to the right people, and you see exactly who it reaches before it goes.

Built because a message to everyone is a message nobody feels is for them.

MEDIA CENTRE

Making video and images

VIDEO BUILDER

Reels, stories and client report videos, in your own branding.

Built because paying a video app every month to post about your own work is another cut of your skill.

IMAGE BUILDER

Branded posts and cards for your socials, at the right size.

Built because a post in the wrong size gets cropped, and a post in somebody else's template looks like everyone else's.

AD BUILDER

Make your own ads, coached as you go, in your branding. No fee and no cap.

Built because paying an agency to advertise a one-person business rarely adds up.

SHOT LIST BUILDER

Every shot with its size, angle, lens, place, kit and sound, sorted into shooting order.

Built because you get home from a shoot and find the one shot you needed is missing.

STORYBOARD BUILDER

Plan a video shot by shot: what the camera sees, what is said, the move and the cut.

Built because a video planned before you press record takes half the filming.

SCRIPT WRITER

Write what you will say, with the word count and how long it takes to say.

Built because freezing when the camera goes on usually means you did not know what you were going to say.

TELEPROMPTER

Read your script off the screen at your own speed, and film yourself behind it.

Built because learning lines is not why you became a trainer.

VIDEO AND IMAGE ORGANISER

Everything you have made, and every source you can pull from.

Built because the post you made last month should be findable this month.

HELP CENTRE

PT MANAGER GUIDE

How the whole platform fits together.

Built because a tool you do not know is there is a tool you end up paying for somewhere else.

VIDEO GUIDES

Short walkthrough videos of each room.

Built because some people learn by watching, not reading.

ANALYSIS GUIDE

How to use the video analysis tools.

Built because a powerful tool is only useful once you know where to tap.

AT THE BACK

WHAT THE E-LEARNING DOES FOR YOU

What you get while you study, and why it is there.

A REAL PERSON MARKS EVERY ANSWER

Every answer is read and marked by a tutor, with written feedback.

Built because a login and a multiple-choice test cannot tell you whether you understood.

MARKED AS YOU GO

Each teaching point is marked as you answer it, not at the end of the module.

Built because feedback that arrives while the lesson is fresh is the feedback that sticks.

DICTATE INSTEAD OF TYPE

A microphone on every written answer: say your answer and it types it for you (Chrome, Edge and Safari).

Built because what you know should not wait on how fast you type.

LISTEN TO THE LESSONS

Voice-overs on the lessons, and the audio to download.

Built because some people learn better listening than reading, and gyms often have no signal.

BUILT FOR THE WAY YOUR BRAIN WORKS

Short lessons, one point at a time, marked as you go, with the choice to listen, read, print or speak your answers.

Built for students who are neurodivergent or have ADHD or dyslexia traits, because one way of learning has never suited everyone.

STREAKS THAT NEVER PUNISH YOU

You set how many days a week you want to study. Miss a day and your streak pauses; it is never lost.

Built because a streak should cheer you on, not make you feel you have failed.

ACCESSIBLE TO WCAG AA, WITH AN AAA OPTION

Every page measured against the WCAG accessibility standard: no faults at level A or AA, with a skip link, screen-reader labels and pages that hold together zoomed to 400%. A high-contrast option takes it to AAA.

Built because every student should be able to use it, whatever screen reader, magnifier or setting they rely on.

KEEP IT PLAIN

One switch turns off the extras, the streaks, the badges, the celebrations and the movement, so the site stays plain and calm. Switch them back on whenever you like.

Built because the extras that keep one learner going distract another, and you should get to choose.

CALMER MOTION ON REQUEST

If your phone or computer is set to reduce motion, the site drops its animations.

Built because movement on a screen is a distraction for some people, and they should not have to ask.

A PERSONAL VIDEO LESSON

When an answer needs real explaining, your marker records a video that lands in your course.

Built because some things are easier to show than to write.

A NOTE BEFORE YOU SEND

Before you send, the page tells you if your answer copies the lesson word for word, so you can put it in your own words.

Built because the point is to know it in your own words, and it is better to find that out before you send than after.

THE SKELETON AND MUSCLE LABS

Tap any bone on the skeleton, and see the muscles light up on the model.

Built because anatomy is the part that puts people off, and it is easier to learn by seeing.

PRINT THE NOTES

Print the lessons and go old school.

Built because some people learn with a pen in their hand.

CASE STUDIES ON YOUR PHONE

Built into the site, saved as you go, there on your laptop when you sit down.

Built because a case study happens in a gym, not at a desk.

PIN IT TO YOUR HOME SCREEN

No App Store and no Google Play. It is just there.

Built because one more app to download is one more reason not to start.

NO RESIT FEES

Work sent back is a chance to add more, with no resit fee.

Built because the fear of paying twice stops people trying.

RETURN ACCESS FOR LIFE

Qualify once and come back to the content whenever you need it.

Built because you will want it again the day a client walks in with something new.

PT MANAGER FROM DAY ONE

PT Manager is yours to learn on from the day you sign up. Using it with real clients comes once you hold your Level 3 and are listed on the FASTER Trainer Register.

Built because the time to practise running a business is while you are learning, not the week you qualify.

THE FASTER TRAINER REGISTER

A free listing on the Register once you qualify.

Built because clients need to be able to find you, and check you, before they get in touch.

YOUR CERTIFICATES IN ONE PLACE

Every course and its certificate on one page.

Built because you want your certificate the day you pass, not after a chase by email.

ASK JOHN

The Ask John button on every page, and his WhatsApp.

Built because getting stuck at 10pm should not mean waiting a week.

Questions? WhatsApp John: wa.me/447761996986 · www.fasterfunction.com/course/trainprepostnatal