



# GYROTONIC® PRE-TRAINING QUALIFICATION AGREEMENT EXTENSION GUIDELINES

last updated 2/13/24

## Pre-Training Qualification Agreement Period

The Gyrotonic Pre-Training Qualification Agreement period is valid for 3 months from the last day of the Gyrotonic Pre-Training Course. In the event that a student exceeds the 3 month time period, a Pre-Training Qualification Agreement extension is required. This extension allows the student to participate in the foundation course.

## Extension

1. Students must be registered for the Gyrotonic Level 1 Foundation Course in order to receive an extension.
2. Extension requests must be emailed to Sarah Simpson at sarah@gyrotonic.com. Extension approval must be approved in writing/email by Sarah
3. Extension requirements are outlined in the following charts. Extensions are valid until the date of the foundation course.

Length of time  
between Pre-  
Training Course  
& Foundation  
Course

### Extension Requirement

**3-6 months**

**If the student has access to a Gyrotonic Pulley Tower Combination Unit:**

1. Practice the exercises on the Gyrotonic Pre-Training Exercise List weekly. If possible, take weekly Gyrotonic classes with a licensed Gyrotonic Trainer
2. Practice the Gyrotonic homework sequence at least 3 times per week.

**If the student doesn't have access to a Gyrotonic Pulley Tower Combination Unit:**

Practice the Gyrotonic homework sequence at least 3 times per week.



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Length of time  
between Pre-  
Training Course  
& Foundation

## Extension Requirement

**6-9  
months**

**If the student has access to a Gyrotonic Pulley Tower Combination Unit:**

1. Practice the Gyrotonic homework sequence at least 3 times per week.
2. Do one of the following:
  - Take at least one Gyrotonic session per week (prior to the foundation course) with a licensed Gyrotonic Trainer. Hours must be documented in the Pre-Training Extension log sheet.
  - Review the Gyrotonic Level 1 Pre-Training exercises **with a licensed Gyrotonic Pre-Trainer or a licensed Gyrotonic Master Trainer**. Number of hours required will vary as outlined below:
    - 6 mo. between pre-training & foundation- 3 hours review
    - 7 mo. between pre-training & foundation- 6 hours review
    - 8 mo. between pre-training & foundation- 9 hours review
    - 9 mo. between pre-training & foundation- 12 hours review

**If the student doesn't have access to a Gyrotonic Pulley Tower Combination Unit:**

1. Practice the Gyrotonic homework sequence at least 3 times per week.
2. Review the Gyrotonic Level 1 Pre-Training exercises with a licensed Gyrotonic Pre-Trainer or a licensed Gyrotonic Master Trainer.
  - 6 mo. between pre-training & foundation- 3 hours review
  - 7 mo. between pre-training & foundation - 6 hours review
  - 8 mo. between pre-training & foundation- 9 hours review
  - 9 mo. between pre-training & foundation - 12 hours review



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Length of time between Pre-Training Course & Foundation Course	Extension Requirement
<b>10 months-12 months</b>	<p>Review the entire Pre-Training Course exercise list with a licensed Gyrotonic Pre-Trainer or a licensed Gyrotonic Master Trainer. This review should be conducted over four days/ four hours per day for a total of 16 hours. The review must be conducted three months or less before the foundation course.</p> <p>Hours must be documented in the Pre-Training Extension Log Sheet.</p>
<b>More than 12 months</b>	<p>Fulfill one of the following:</p> <ul style="list-style-type: none"> <li>◦ Re-take the Gyrotonic Level 1 Pre-Training Course (30 hours)</li> <li>◦ Review the Gyrotonic Level 1 Pre-Training exercise list with a Gyrotonic Pre-Trainer or a Gyrotonic Master Trainer privately (4-5 days/ 24 hours)</li> </ul>



# EXTENSION GUIDELINES

## GYROTONIC® Pre-Training Qualification Agreement Extension Log Sheet

Student's Name: \_\_\_\_\_

# of hours required for extension: \_\_\_\_\_

Please print this log sheet. Document the information below for all class/session hours completed as part of your extension requirement. You will present this log sheet to the Master Trainer conducting your Foundation Course.

Date	Location	Hours	Name of Trainer conducting session