

GYROTONIC® Pre-Training Qualification Agreement Extension Guidelines

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 Requirements

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. Sarah will determine the requirements specific to that students situation and will formally grant the extension. Extension requirements vary according to the length of time that will elapse between the Pre-Training and Foundation Courses. 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	<p>If the student has access to a Gyrotonic Pulley Tower Combination Unit:</p> <ol style="list-style-type: none">1. Practice the exercises on the Gyrotonic Pre-Training Exercise List weekly. If possible, take weekly Gyrotonic classes with a licensed Gyrotonic Trainer2. Practice the Gyrotonic homework sequence at least 3 times per week. <p>If the student doesn't have access to a Gyrotonic Pulley Tower Combination Unit:</p> <ol style="list-style-type: none">1. Practice the Gyrotonic homework sequence at least 3 times per week.2. Maintain weekly personal workouts with one of the following GYROKINESIS® DVDs:<ul style="list-style-type: none">◦ GYROKINESIS® Spinal Essentials with Balancing Aerobic Sequence◦ GYROKINESIS® - A Journey Through the Spine◦ GYROKINESIS® Level 1 Beginner, Format 1

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& Foundation
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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 with a Pre-Trainer, or Master Trainer
 - 7 mo. between pre-training & foundation- 6 hours review with a Pre-Trainer, or Master Trainer
 - 8 mo. between pre-training & foundation- 9 hours review with a Pre-Trainer, or Master Trainer
 - 9 mo. between pre-training & foundation- 12 hours review with a Pre-Trainer, or Master Trainer

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. Maintain weekly personal workouts with one of the following **GYROKINESIS®** videos:
 - **GYROKINESIS®** Spinal Essentials with Balancing Aerobic Sequence
 - **GYROKINESIS®**- A Journey Through the Spine
 - **GYROKINESIS®** Level 1 Beginner, Format 1
3. Review the Gyrotonic Level 1 Pre-Training exercises with a licensed Gyrotonic Pre-Trainer or a licensed Gyrotonic Master Trainer. The student has the option to complete these hours all together over 1 or more days with the Foundation Course instructor. The number of hours required will vary as outlined below:
 - 6 mo. between pre-training & foundation- 3 hours review with a Pre-Trainer, or Master Trainer
 - 7 mo. between pre-training & foundation - 6 hours review with a Pre-Trainer, or Master Trainer
 - 8 mo. between pre-training & foundation- 9 hours review with a Pre-Trainer, or Master Trainer
 - 9 mo. between pre-training & foundation - 12 hours review with a Pre-Trainer, or Master Trainer

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Extension Requirement

10 mo.-12 mo.

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.

Hours must be documented in the Pre-Training Extension Log Sheet.

**More than 12
months**

Fulfill one of the following:

- Re-take the Gyrotonic Level 1 Pre-Training Course (30 hours)
- 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)

