



MFT
Master Functional Trainer

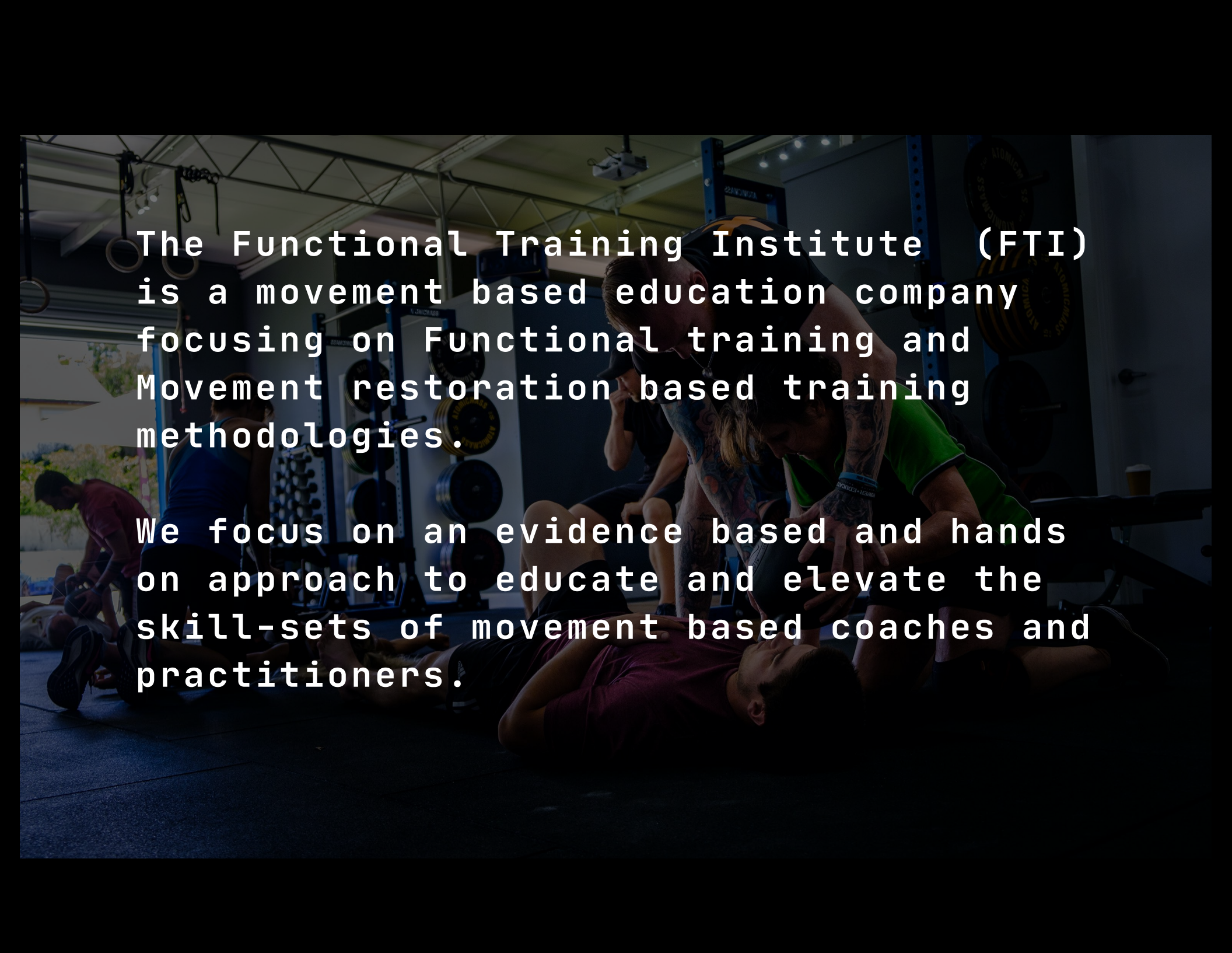
PROGRAM PROSPECTUS



FUNCTIONAL TRAINING INSTITUTE

COACH EMPOWER EDUCATE



A photograph of a gym environment. In the foreground, a man with tattoos and a green shirt is leaning over a man lying on a bench, providing assistance or instruction. In the background, other people are working out, and gym equipment like weight racks and barbells are visible. The lighting is somewhat dim, with some overhead lights.

The Functional Training Institute (FTI) is a movement based education company focusing on Functional training and Movement restoration based training methodologies.

We focus on an evidence based and hands on approach to educate and elevate the skill-sets of movement based coaches and practitioners.

OUR VISION IS HELPING PEOPLE FULFILL THEIR POTENTIAL

by educating health and fitness communities

The background of the entire image is a sunset over a mountain range. The sky is a mix of orange, red, and dark grey clouds. In the center, two people are silhouetted against the bright sun as they climb a mountain peak. One person is higher up, reaching down to assist the other. The foreground is a dark, solid red color.

COAH
EMPOWER
EDUCATE

WE ARE A VALUES BASED COMPANY

Showing passion and having fun



Prioritising health and well-being



Providing a thriving environment to enable greatness



Our Core Values

Treating obstacles as opportunities in disguise



Continuous and never ending improvement





CREATING A POINT OF
DIFFERENCE

Are you looking for an all-encompassing program that will inspire you to apply knowledge, inspire movement and create change?

In a competitive industry, are you looking for a point of difference?

The **MFT Program** will help you stand out.

OUR ADAPTIVE FUNCTIONAL TRAINING SYSTEM

Our movement based system incorporates the best of science with a practical hands on approach to learning



MFT COURSE STRUCTURE

The program is designed to empower and inspire you to become an industry leader. You will witness incredible change in your business by simply implementing the strategies taught within this program. You will:

- Learn a wide of range of skills in a fun and captivating way, whilst being challenged and supported by our expert team.
- Learn how to break down complex movements into easy steps to help educate your clients. You will also have the confidence to apply these movements through practical application.
- Join a community of trainers and coaches at the cutting edge of functional training.

**THERE ARE TWO OPTIONS TO
UNDERTAKE THE PROGRAM**

Blended Method

Blended model incorporates a face to face learning with our online learning management system

Up to 12 months to complete the program

Virtual Method

This is offered fully online incorporating live zoom sessions with our online learning management system.

Up to 6 months to complete the program

THE PROGRAM IS
BROKEN UP INTO 3
STAGES.

The Master Functional Trainer Program
incorporates a system of mentoring and
developing elite coaches.

STAGE 1

Fundamentals of
Functional Training

9 self- paced online
modules

STAGE 2

Application of
Functional Training

Live interactive
workshops

STAGE 3

Assessment Pathway

Complete 3 case studies

THE CONTENT FLOW OF THE PROGRAM

Students begin with the frame work of applying functional anatomy into a dynamic and static functional screen.



Functional Anatomy

Apply the latest science of functional anatomy in the areas of the muscular sling systems and fascial lines of the human body



Functional Anatomy

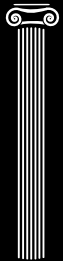
Assessing clients is crucial and having a functional assessment system based on relevant dynamic and static protocols is an essential for all coaches

THE CONTENT FLOW OF THE PROGRAM

Students will then learn and apply the 5 functional movement pillars



Functional Mobility

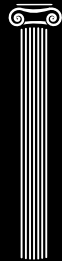


-1-

Restore Function
& Movement
Mobility



Suspended Fitness

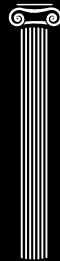


-2-

Body weight
Applications



Functional Bags

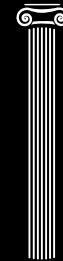


-3-

Loaded
Movement
Training



Kettlebell Training

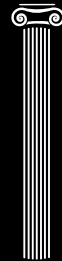


-4-

Strength and
Power
Development



Battling Ropes



-5-

Motor Control
and Movement
Complexity

THE CONTENT FLOW OF THE PROGRAM

The final modules cover the essential components on how to apply the Five Functional Pillars



Programming

This module integrates the best practice and principles of functional programming with the goXpro functional programming app



Mindset Coaching

Learn how to implement effective communication and feedback methods for impactful coaching

WHY CHOOSE MFT?

STUDENT WILL LEARN THE SYSTEM OF FUNCTIONAL TRAINING AND IN PARTICULAR:

- LEARN HOW TO PERFORM, COACH AND PROGRAM FUNCTIONAL TRAINING METHODS
- STAND OUT WITH UNIQUE SKILL SETS THAT IS BASED ON A PROVEN SYSTEM
- OFFERING TO YOUR CLIENTS FROM SPECIALIZED 1 ON 1 TRAINING TO SEMI-PRIVATE TRAINING MODELS AND TEAM BASED TRAINING
- BECOME SUPER COMPETENT IN HOW TO PERFORM AND COMMUNICATE TO A DIVERSE RANGE OF CLIENTS

BENEFITS OF BECOMING AN MFT

THE MFT PROGRAM COMES WITH AN ADDITIONAL HOST OF BENEFITS TO ENHANCE YOUR EDUCATION AND HELP YOU GROW AFTER YOU HAVE COMPLETED THE MFT CERTIFICATION. MFT BENEFITS INCLUDE:

- 5 INTERNATIONAL CERTIFICATIONS
- ACCESS TO THE GOXPRO FUNCTIONAL APP
- ONLINE EDUCATION PLATFORM ACCESS
- VIP TRIBE
- COURSE CERTIFICATIONS
- MFT BRANDING RIGHTS
- ACCESS TO NEXT GENERATION FITNESS BUSINESS WORKSHOP
- ACCESS TO RESTORATION KIT-START WORKSHOP

COMMUNITY & SUPPORT

- We support students every step of the way through our online and face to face interactive offerings.
- Community & support is important to us and that is why we have created the FTI Tribe

FTI
FUNCTIONAL TRAINING
INSTITUTE



SOCIAL PROOF



“

MFT has given me a skill set that sets me apart from other coaches to empower and educate our tribe to move more efficiently and get maximum results to train for life. We have everyone from post-injury and ages diens to sports conditioning and they can all train under this system.

Fiona Keable

FTI INSTITUTE



“

Hands down the best course/s I've done. It has enabled me to stand out as an expert. My business has thrived off my knowledge.

David Okeby

FTI INSTITUTE



“

Hey my name is Terri Batsakis. I've just completed the MFT course with the Functional Training Institute. Seriously one of the best courses I've done to date! So much gold on technique, functional movement, correction, and so much more. If you are serious about functional training you cannot look past this course! I highly recommend it!

Terri Batsakis

FTI INSTITUTE



“

With the business model of Semi Private PT. I am currently running 2 classes 7 times a week. I honestly couldn't have done it without the MFT program. I recommend it every PT I know!!

Jono Alcock

FTI INSTITUTE

**Find out how you can become the
next Master Functional Trainer!**



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[https://www.functionaltraininginstitute.com/
mftvirtual](https://www.functionaltraininginstitute.com/mftvirtual)