

EDUCATION
PRICE
LIST

EDUCATION PRICE LIST

	ONLINE EDUCATION PLATFORM	DIGITAL HYBRID COURSE	FOUNDATION COURSE	SMALL GROUP TRAINING	SPECIAL REQUEST WORKSHOP
PRICE	Free	£450 Ex. VAT (£540)	£450 Ex. VAT (£540)	£800 Ex. VAT (£960)	POA
MAX. NO. OF ATTENDEES	-	10-12	8-10	8	8-10
LENGTH	Learner lead	4H + Online prerequisite	4H + Online prerequisite	6H + Online prerequisite	-
DELIVERY METHOD	Online	Video Conference by Master Trainer	Master Trainer Onsite	Master Trainer Onsite	Needs driven
PRE-REQUISITE	N/A	Digital Foundation Course	Digital Express Course	Digital Foundation Course	Needs driven
CIMPSA CPD	1	5	5	7	TBD
LEVEL	-	1	1	2	-

LEVEL 1

ONLINE EDUCATION PLATFORM

- The go-to knowledge centre for starting off and refreshing your Wattbike training
- Rich in expert content; featuring videos, slideshows and module-based tests
- Self-paced learning accessible from anywhere in the world from your phone, tablet or computer
- Free for anyone to access and gain Wattbike certification
- Hosts the pre-requisites for onsite training courses, enabling your staff to deepen their knowledge ahead of onsite workshops

DIGITAL HYBRID FOUNDATION COURSE

A video conference-based training course delivered by our experienced and knowledgeable Master Trainers.

- Covering the key elements of Wattbike's Foundation workshop
- Enables staff who wouldn't otherwise be able to make training in person to learn everything about the Wattbike DNA and Wattbike training methods
- More flexible course timing

Cost: £450 ex. VAT

Duration: Online + 3 hours with Master Trainer

Delivery method:

- 1) Introductory stage – pre-requisite online course (1 hour)
- 2) Video conference - lead by experienced and knowledgeable Master Trainers via video conference software (Zoom or Google Hangouts - 3 hours)

Key Workshop learning outcomes:

- Recap of the features and benefits of the Wattbikes
- Recap on the key elements of the Wattbikes and how to make the most of them in your daily practice
- Deepen your knowledge of the essence of the Wattbikes; Polar View & PES, resistance and load ratio, and testing
- Enhance your understanding of Wattbike's programming structure (STL) to enable you to effectively programme on a Wattbike
- Apply your knowledge in your own specific scenarios and understand how to best use the Wattbikes for different client cases
- Understand the key maintenance points of the Wattbikes

FOUNDATION WORKSHOP

Our flagship course will empower you to unlock the very essence of each Wattbike's features, enabling you to use the Wattbike in a wide range of meaningful person and situation-specific applications to deliver powerful and effective results. Curated by our network of experienced and highly knowledgeable Master Trainers, the course will deepen comprehension and enhance Wattbike adaption and practice within your setting, transforming your personal development. Now supported and elevated by the online education platform, this is a truly unique workshop that will leave you with the right expertise on how to use the world's best conditioning tool.

Cost: £450 ex. VAT

Duration: 5 Hours

Delivery:

- 1) Introductory stage – pre-requisite online course (1 hour)
- 2) Onsite workshop - lead by experienced and knowledgeable Master Trainers (4 hours)

Key Workshop learning outcomes:

- Recap of the features and benefits of the Wattbikes
- Recap on the key elements of the Wattbikes and how to make the most of them in your daily practice
- Deepen your knowledge of the essence of the Wattbike; Polar View & PES, resistance and load ratio, and testing
- Enhance your understanding of Wattbike's programming structure (STL) to enable you to effectively programme on a Wattbike
- Apply your knowledge in your own specific scenarios and understand how to best use the Wattbikes for different client cases
- Understand the key maintenance points of the Wattbikes
- Physical product interaction/demonstration of all elements and concepts

LEVEL 2**SMALL GROUP TRAINING (SGT)**

Small group training is the most profitable department for health and fitness facilities, and group cycling is growing to be the most popular training form available today. This workshop will enable you and your staff to deliver a truly unique and effective indoor cycling experience. Combined with exciting and challenging class content, the Wattbike SGT course makes the world's best indoor bikes even better. Now featuring Intelligent Cycling, the next generation of small group training, allowing you to host immersive and personalised classes for all your members.

Price: £800 ex. VAT

Duration: 7 Hours

Delivery:

- 1) Introductory stage – pre-requisite online course (1 hour)
- 2) Onsite workshop - lead by experienced and knowledgeable Master Trainers (6 hours)

Key Workshop learning outcomes:

- Recap and deepen your knowledge on the basics and essence of the Wattbike; the Polar View, PES, load ratio and resistance, and testing
- Learn how to create individual sessions or full training programmes on a Wattbike
- Learn the theory and practice of delivering an immersive Wattbike small group training session
- Discover how to effectively plan, prepare and run Wattbike SGT sessions
- Introduction to Intelligent Cycling and how to use the software to elevate the member experience
- Experience a Wattbike small group training session

BESPOKE WORKSHOPS

Our highly knowledgeable and experienced Master Trainers can cover an extensive range of topics and applications for the Wattbikes. If you want training that isn't outlined in this price list please get in touch and we can put together a bespoke solution for you.

Contact your sales representative or education@wattbike.com to redefine your indoor cycling today.



WORKOUT BOARD + CARDS

Free standing workout board, displaying pedalling technique and threshold information. 60x180cm.

The boards have a secure metal stand and are made from commercial-grade foamex, with the cards hanging from aluminium pegs. Supplied flat-packed in a protective polystyrene container within a cardboard sleeve.

Includes full set of 31 dual-sided plastic workout cards, broken down into outcome based workouts; HIIT, Speed, Endurance, Technique, Warm up and Cool down.

Prices:
£249.50 + VAT (Including UK Delivery)
 includes 1 full set of workout cards