REVO₂LUTION RUNNING[™] Certification

Performance Strength Lab | Santee | California April 20, 2019

> **REVO**²LUTION **REVO**²LUTION

Certification Program

Become a Winner

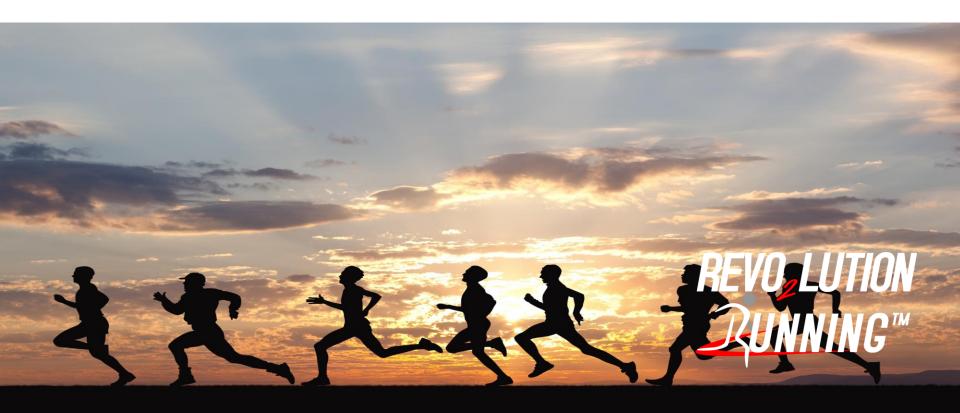
Learn winning training methods to improve physiological factors of running fitness and performance and distinguish yourself as a running expert.

Increase Your Revenue

Take advantage of the world's most popular exercise and most effective exercise to get fit and lose weight, add value to your services, and increase your revenue.

Become an Instructor

Teach the most scientific and inspirational group treadmill interval workout class in the fitness industry or own an outdoor training group franchise.



Live Performance Details

Hosted by Performance Strength Lab \$299 until April 5; \$329 after Special Runner Rate: \$149



Attend.

Performance Strength Lab 7949 Mission Gorge Rd., Suite B Santee, CA 92071

April 20, 2019 9:00 am – 5:00 pm

Learn.

Get ready for an entertaining day that blends educational lecture with learn-by-doing workout.

Eat.

Enjoy lunch on your own during a 45-minute intermission.

Register.

revo2lutionrunning.com/ liveperformances

Bring.

> Running clothes and shoes

> Water and snacks

> Notepaper & pen (course manuals will be emailed to you prior to the live performance)

CECs.

2.0 ACE • 1.9 NASM • 15 AFAA 4 CanFitPro • 8 PTA Global 4 USAT • 8 WITS

Instructor.

Jason Karp, PhD Coach | Exercise Physiologist Bestselling Author | IDEA Personal Trainer of the Year



About **REVO₂LUTION RUNNING**™

Through running, we fulfill our destiny as physical beings, and on the foundation of a fitter physical being, we can build a better life." – DR. JASON KARP

REVO₂LUTION RUNNING[™] takes advantage of the world's most popular exercise by educating fitness professionals on fundamental running-specific training principles and providing them with the required skill and expertise to train runners and teach science-based group treadmill interval workouts.



At the heart of REVO₂LUTION RUNNING[™] is its name, which includes an acronym of the three physiological factors that determine running fitness: Running Economy,
VO₂max, and Lactate Threshold. To achieve results, the biology of running requires that workouts be designed to maximize these physiological factors. That's the secret of REVO₂LUTION RUNNING[™].

JASON KARP, PhD Creator

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