

Certification Program

Become a Winner

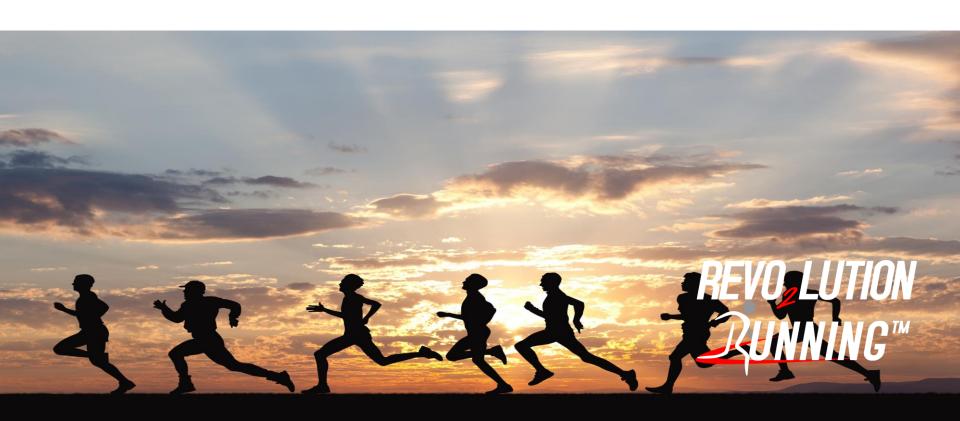
Learn winning training methods to improve physiological factors of running fitness and performance and distinguish yourself as a running expert.

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 Taipei Da-Tong Sports Center \$299 USD



Attend.

Taipei Da-Tong Sports Center No. 51, Dalong Street Datong District, Taipei August 31, 2019

Learn.

Get ready for an entertaining course that blends educational lectures with learn-by-doing workouts.

Register.

revo2lutionrunning.com/liveperformances

Bring.

- > Running clothes and shoes
- > Water and snacks
- > Notepaper & pen

CECs.

Earn CECs upon passing exam: 2.0 ACE • 1.9 NASM • 15 AFAA 4 CanFitPro • 8 PTA Global 4 USAT • 8 WITS

Instructor.

Ricky Chu Master Trainer



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: **R**unning **E**conomy, **VO**₂max, and **L**actate **T**hreshold. 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

Website: revo2lutionrunning.com

Facebook: revo2lutionrunning **Instagram:** revo2lutionrunning

Email: jason@revo2lutionrunning.com

