

# REVO<sub>2</sub>LUTION RUNNING™

## Certification

Go Active Pro | Tel Aviv | Israel

Hosted by Hagymnasia

April 8-22, 2018



# 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

Tel Aviv, Israel  
Hosted by Hagymnasia  
\$299 USD



## Attend.

### Go Active Pro

Shitrit 6

Hadar Yosef

Tel Aviv, Israel

April 8-22, 2018

## Learn.

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

## Register.

<http://www.hagymnasia.co.il/257,52-256193749.aspx>

## 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.

Ofir Dinur  
Master Trainer

Questions?

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**REVO<sup>2</sup>LUTION  
RUNNING™**

# About REVO<sub>2</sub>LUTION 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

REVO<sub>2</sub>LUTION 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 REVO<sub>2</sub>LUTION RUNNING™ is its name, which includes an acronym of the three physiological factors that determine running fitness: **R**unning Economy, **V**O<sub>2</sub>max, 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 REVO<sub>2</sub>LUTION RUNNING™.



JASON KARP, PhD  
Creator

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