



Raptor Course Learning Outcomes

At the end of the course students should be able to perform the following to the required standard:

Use the Raptor Weight Vest for a total body work out.

Use the Raptor Weight Vest for different types of work outs

Set up safely and instruct others to use effectively.

Set up in various environments

Explain the science and back ground behind the different uses of the Raptor Weight Vest.

Whether your focus is on improved performance, improved fitness, sports performance, injury prevention or return from injury, the course is designed to teach you how to use the Raptor weight Vest effectively and safely, while modifying your training or clients training appropriately.