



NSCA/Human Kinetics and/or Human Kinetics  
CEUs apply to Recertified with Distinction (\*D)

### NSCA CEU Approved Home Study Activities

Title/Details	Provider	CEU
<a href="#"><u>Developing Agility and Quickness</u></a>	<a href="#"><u>NSCA/Human Kinetics</u></a>	1.3
<a href="#"><u>Developing the Core</u></a>	<a href="#"><u>NSCA/Human Kinetics</u></a>	1.3
<a href="#"><u>NSCA's Guide to Sport and Exercise Nutrition</u></a>	<a href="#"><u>NSCA/Human Kinetics</u></a>	1.4
<a href="#"><u>4A Health Club Year One</u></a>	<a href="#"><u>4A Health</u></a>	2.0
<a href="#"><u>AHF Yoga Teacher Training</u></a>	<a href="#"><u>Academy of Holistic Fitness</u></a>	2.0
<a href="#"><u>Mind-Body Fitness for Personal Trainers</u></a>	<a href="#"><u>Academy of Holistic Fitness</u></a>	1.0
<a href="#"><u>Practical Yoga for Personal Trainers</u></a>	<a href="#"><u>Academy of Holistic Fitness</u></a>	0.9
<a href="#"><u>Pro-Active Postural Restructuring</u></a>	<a href="#"><u>Academy of Holistic Fitness</u></a>	1.8
<a href="#"><u>Applying Science to Performance: The Fuels of Engagement (e-mail for access)</u></a>	<a href="#"><u>Active Eating Advice</u></a>	0.2
<a href="#"><u>Active Life Immersion for Coaches</u></a>	<a href="#"><u>Active Life Rx</u></a>	2.0

Title/Details	Provider	CEU
<a href="#">Online Coach Awareness Seminar</a>	<a href="#">Active Life Rx</a>	0.8
<a href="#">Functional Training for the Adaptive Athlete</a>	<a href="#">Adaptive Coaching</a>	0.5
<a href="#">Advanced Core Training</a>	<a href="#">Advanced Core Training Seminar</a>	0.7
<a href="#">An Evidence-Based Comparison of Female Athlete Triad and RED-s</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">Application of Normal and Abnormal Exercise Physiology in The Adult</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">Developing Fit Knees: Current Concepts in ACL Injury Prevention</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">Dynamic Stretching and Other Keys to Lower Extremity Injury Prevention</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">Fit for Running: Assessment, Rehab and Training Strategies to Maximize Performance and Reduce Injuries</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">Sports Nutrition: Evidence-based Guidelines &amp; Practical Application</a>	<a href="#">Allied Health Education</a>	0.3
<a href="#">ALTIS Essentials</a>	<a href="#">ALTIS</a>	2.0
<a href="#">ALTIS Foundation</a>	<a href="#">ALTIS</a>	2.0
<a href="#">Back Stability: Integrating Science and Therapy</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.6
<a href="#">Cancer and the Older Adult</a>	<a href="#">American Academy of Health &amp; Fitness</a>	0.4
<a href="#">Cancer Exercise Certificate</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.7
<a href="#">Combined Training: Evidence-Based Practice Strength &amp; Conditioning Programming</a>	<a href="#">American Academy of Health &amp; Fitness</a>	0.5

Title/Details	Provider	CEU
<a href="#">Developing Agility and Quickness for Sports Performance</a>	<a href="#">American Academy of Health &amp; Fitness</a>	0.7
<a href="#">Exercise and Cancer Survivorship</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.1
<a href="#">Fitness Assessment and Exercise Prescription for All Ages</a>	<a href="#">American Academy of Health &amp; Fitness</a>	2.0
<a href="#">JrFit Youth Fitness</a>	<a href="#">American Academy of Health &amp; Fitness</a>	2.0
<a href="#">Nutrition for Special Dietary Needs</a>	<a href="#">American Academy of Health &amp; Fitness</a>	0.9
<a href="#">Prenatal and Postpartum Exercise Prescription</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.0
<a href="#">SrFit Mature Fitness</a>	<a href="#">American Academy of Health &amp; Fitness</a>	2.0
<a href="#">Strength Training Older Adults</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.0
<a href="#">The Fitness Professional's Guide to Coaching Lifestyle Wellness</a>	<a href="#">American Academy of Health &amp; Fitness</a>	1.1
<a href="#">Silver&amp;Fit Signature Series (Silver &amp; Fit Network Participants Only)</a>	<a href="#">American Specialty Health Fitness</a>	1.4
<a href="#">Consumer Safety and Business Ethics</a>	<a href="#">Association of Fitness Studios</a>	0.3
<a href="#">Creating a Brand Promise and Delivering Memorable Client Experiences</a>	<a href="#">Association of Fitness Studios</a>	0.4
<a href="#">Creating Operational Standards, Systems, and Success Plans for Your Fitness Business</a>	<a href="#">Association of Fitness Studios</a>	0.3
<a href="#">Starting Your Own Business - What it Takes to Launch a Successful Studio/Gym</a>	<a href="#">Association of Fitness Studios</a>	0.2
<a href="#">The Essentials of Sales, Marketing and Branding</a>	<a href="#">Association of Fitness Studios</a>	0.5

Title/Details	Provider	CEU
<a href="#">Coaches Guide to Jump Training</a>	<a href="#">Athletes Acceleration</a>	0.3
<a href="#">Complete Core</a>	<a href="#">Athletes Acceleration</a>	0.5
<a href="#">Complete Guide to Training the Female Athlete</a>	<a href="#">Athletes Acceleration</a>	0.9
<a href="#">Complete Olympic Lifting</a>	<a href="#">Athletes Acceleration</a>	0.3
<a href="#">Complete Program Design</a>	<a href="#">Athletes Acceleration</a>	0.7
<a href="#">Complete Speed Games</a>	<a href="#">Athletes Acceleration</a>	0.4
<a href="#">Complete Speed Training</a>	<a href="#">Athletes Acceleration</a>	0.7
<a href="#">Complete Sports Conditioning</a>	<a href="#">Athletes Acceleration</a>	0.6
<a href="#">Complete Sports Nutrition</a>	<a href="#">Athletes Acceleration</a>	0.4
<a href="#">Complete Warm-Up</a>	<a href="#">Athletes Acceleration</a>	0.4
<a href="#">Complete Youth Training</a>	<a href="#">Athletes Acceleration</a>	0.5
<a href="#">A Comprehensive Guide to the Vertical Jump</a>	<a href="#">Athletes Rehab</a>	0.5
<a href="#">Barbell Rehab Online</a>	<a href="#">Barbell Rehab</a>	0.9
<a href="#">Blood Flow Restriction (BFR) Training</a>	<a href="#">BFR Bands</a>	0.9
<a href="#">BFR Accelerate Performance and Recovery</a>	<a href="#">The BFR Pros</a>	0.4

Title/Details	Provider	CEU
<a href="#">Ball Skills Playbook: A Special Needs Exercise Program</a>	<a href="#">Brain Body 360</a>	0.5
<a href="#">Bought-In</a>	<a href="#">Brett Bartholomew</a>	1.5
<a href="#">All About Ginseng</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.1
<a href="#">Fitness for the Older Adult</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Nutrition Essentials</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.7
<a href="#">Preventing Back Injuries</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Preventing Knee Injuries</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Preventing Shoulder Injuries</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Q&amp;A for Fitness Professionals</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.4
<a href="#">Staying Injury Free</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.7
<a href="#">Strength Training - Youth</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Weight Management</a>	<a href="#">Center for Health and Fitness Continuing Education</a>	0.5
<a href="#">Advanced Program Design</a>	<a href="#">C.H.E.K. Institute</a>	1.0
<a href="#">Equal, But not the Same</a>	<a href="#">C.H.E.K. Institute</a>	1.0
<a href="#">Program Design</a>	<a href="#">C.H.E.K. Institute</a>	0.8

Title/Details	Provider	CEU
<a href="#">Scientific Back Training</a>	<a href="#">C.H.E.K. Institute</a>	1.5
<a href="#">Scientific Core Conditioning</a>	<a href="#">C.H.E.K. Institute</a>	1.3
<a href="#">Scientific Shoulder Training</a>	<a href="#">C.H.E.K. Institute</a>	1.3
<a href="#">Swiss Ball Training</a>	<a href="#">C.H.E.K. Institute</a>	0.5
<a href="#">Knee Valgus and the Squat: Much About Nothing?</a>	<a href="#">Clinical Athlete</a>	0.3
<a href="#">Fitness Nutrition Coaching Habit Change for Active &amp; Athletes</a>	<a href="#">Coach Johann CSCS Fitness Coaching</a>	1.0
<a href="#">Adult Obesity in the United States: A Growing Epidemic</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Adult Weight Management</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Alternative and Integrative Nutrition</a>	<a href="#">ContinuingEducation.com</a>	0.5
<a href="#">Anabolic Steroids and Other Performance-Enhancing Drugs: Body Busters, Not Builders</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Carbohydrate Requirements for Exercise</a>	<a href="#">ContinuingEducation.com</a>	0.1
<a href="#">Cardiovascular Nutrition and Fitness</a>	<a href="#">ContinuingEducation.com</a>	0.5
<a href="#">Diet, Exercise and Fitness</a>	<a href="#">ContinuingEducation.com</a>	0.5
<a href="#">Dietary Fiber and Cholesterol Reduction</a>	<a href="#">ContinuingEducation.com</a>	0.1
<a href="#">Exercising Safely and Managing Common Complaints During Pregnancy</a>	<a href="#">ContinuingEducation.com</a>	0.2

Title/Details	Provider	CEU
<a href="#">Fat Loading for Endurance Sports</a>	<a href="#">ContinuingEducation.com</a>	0.1
<a href="#">Fibromyalgia: Looking Good and Feeling Awful</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Functional Foods Part I</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Functional Foods Part II</a>	<a href="#">ContinuingEducation.com</a>	0.5
<a href="#">Green Tea: New Benefits from an Old Favorite?</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Herbal Supplements</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Is Wine a Functional Food?</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Liquid Nutrition for the Athlete</a>	<a href="#">ContinuingEducation.com</a>	0.1
<a href="#">Marfan Syndrome: Inherited Disorder has Far-Reaching Effects</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Nutrition for Women Part 1, Sexual &amp; Reproductive Health</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Nutrition for Women Part 2, Diet and Diseases of Lifestyle</a>	<a href="#">ContinuingEducation.com</a>	0.5
<a href="#">Nutrition for Women Part 3, Menopause and Beyond</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Nutrition for Young Athletes</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Nutritional Counseling for Adolescents and Young Adults</a>	<a href="#">ContinuingEducation.com</a>	0.3
<a href="#">Nuts, Chocolate and Cardiovascular Health</a>	<a href="#">ContinuingEducation.com</a>	0.2

Title/Details	Provider	CEU
<a href="#">Osteoporosis Prevention and Treatment</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Practical Nutrition for Fitness Professionals</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Preventing Pediatric Obesity</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Research Reveals the Benefits of Meditation</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Sports and Weight-Loss Supplements</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">The Future of Foods: What's in Store for Us?</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">The Patient With Meniere's Disease</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Too Hot to Handle: Heat-Related Injuries in the ED</a>	<a href="#">ContinuingEducation.com</a>	0.2
<a href="#">Vegetarian Nutrition</a>	<a href="#">ContinuingEducation.com</a>	0.4
<a href="#">Weight Loss Medications</a>	<a href="#">ContinuingEducation.com</a>	0.1
<a href="#">Pregnancy and Postpartum Coaching</a>	<a href="#">Core Exercise Solutions</a>	2.0
<a href="#">Psych Skills for Fitness Pros</a>	<a href="#">Dr. Lewis Consulting and Psychotherapy</a>	1.2
<a href="#">DVRT Restoration</a>	<a href="#">DVRT Fitness</a>	0.7
<a href="#">Dynamic Warm-Up Movement Assessment</a>	<a href="#">DWMA</a>	0.5
<a href="#">Plant-Based Nutrition Certificate</a>	<a href="#">eCornell</a>	2.0



Title/Details	Provider	CEU
<a href="#">Designing Older Adult Exercise Programs</a>	<a href="#">Educational Fitness Solutions</a>	0.9
<a href="#">Designing Women's Exercise Programs</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">Exercise and Aging for Special Populations</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Female Anatomy and Physiology</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">Health Risk Profiles and Fitness Assessment Techniques</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Introduction to Exercise Science - Level 1 (Anatomy and Kinesiology)</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Introduction to Exercise Science - Level 2 (Exercise Physiology)</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Introduction to Sports Nutrition and Performance</a>	<a href="#">Educational Fitness Solutions</a>	0.5
<a href="#">Nutrition Analysis and Management</a>	<a href="#">Educational Fitness Solutions</a>	0.6
<a href="#">Nutrition and You: Functional Foods</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">Public Nutrition and Wellness Education</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">Socio-Physiological Aspects of Aging</a>	<a href="#">Educational Fitness Solutions</a>	0.5
<a href="#">The Science and Biomechanics of Resistance/Weight Training</a>	<a href="#">Educational Fitness Solutions</a>	0.4
<a href="#">Weight Management and Nutrition in the Lifecycle</a>	<a href="#">Educational Fitness Solutions</a>	0.5
<a href="#">Women's Health and Wellness for Special Populations</a>	<a href="#">Educational Fitness Solutions</a>	0.4

Title/Details	Provider	CEU
<a href="#">Optimize Immunity: Utilize Eleiko's 4 Pillars for Better Training Outcomes</a>	<a href="#">ELEIKO</a>	0.4
<a href="#">Tactical Training: How to Program in Less Than Ideal Situations</a>	<a href="#">ELEIKO</a>	0.2
<a href="#">EFTI Tier 2 Curriculum - Virtual (Equinox Employees Only)</a>	<a href="#">Equinox</a>	2.0
<a href="#">EFTI Tier 2 Curriculum Fast Track -Virtual (Equinox Employees Only)</a>	<a href="#">Equinox</a>	2.0
<a href="#">Tier X E-Learning (Equinox Employees Only)</a>	<a href="#">Equinox</a>	2.0
<a href="#">Age-appropriate Strength Training</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Athletic Body In Balance</a>	<a href="#">Exercise ETC</a>	0.9
<a href="#">Avoiding Common Fitness Injuries</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Beyond Cardio: Sweat Equity &amp; Weight Management</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Cheap Tricks for Trainers</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Complete Guide to Foam Rolling</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Complete Guide to TRX Suspension Training</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Conditioning to the Core</a>	<a href="#">Exercise ETC</a>	1.1
<a href="#">Core Training Anatomy</a>	<a href="#">Exercise ETC</a>	0.6
<a href="#">Core Training: Working Hard or Hardly Working?</a>	<a href="#">Exercise ETC</a>	0.3

Title/Details	Provider	CEU
<a href="#">Core Workouts: From Outdated to Outstanding</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Facilitated Stretching</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Fit to Move: Training to Prevent Re-injury</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Forever Young: Secrets of the Older Mind</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Form &amp; Function: Assessing Movement Patterns</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Functional Forever: Remedial Shoulder Exercise</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Functional Training</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Functional Training: Myths &amp; Mystique (Webinar)</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Good Knee/Bad Knee</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">High Intensity Training: When Less is More</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Integrated Postural Training</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">JC's Total Body Transformation</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Kettlebell Training</a>	<a href="#">Exercise ETC</a>	0.8
<a href="#">Lower Body Conditioning: Transformative Training</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Maximum Interval Training</a>	<a href="#">Exercise ETC</a>	1.0

Title/Details	Provider	CEU
<a href="#">Muscle Mechanics</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Nancy Clark's Sports Nutrition Guidebook</a>	<a href="#">Exercise ETC</a>	1.6
<a href="#">Nutrient Timing for Peak Performance</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Optimal Muscle Training</a>	<a href="#">Exercise ETC</a>	0.8
<a href="#">Plant Based Sports Nutrition</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Pure Power: Integrated Rotational Training</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Rebuilding the Base: Overcoming Movement Compensations</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Secrets of Strength &amp; Conditioning</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Smarter Workouts</a>	<a href="#">Exercise ETC</a>	2.0
<a href="#">Sports Injuries Guidebook</a>	<a href="#">Exercise ETC</a>	0.9
<a href="#">Standing Tall: Exercise &amp; the Aging Spine</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Step by Step: Gait, Posture &amp; Deceleration</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Strength and Conditioning for Seniors</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Strength Training for Fat Loss</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">Stretching Anatomy</a>	<a href="#">Exercise ETC</a>	1.0

Title/Details	Provider	CEU
<a href="#">Strong &amp; Sculpted</a>	<a href="#">Exercise ETC</a>	1.0
<a href="#">The Bionic Elder: Training with New Knees or Hips</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">The Defiant Senior: Exercise to Manage Chronic Disease</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">The Essential Hip: Reversing Gluteal Amnesia</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">The HIIT Advantage: High Intensity Workouts for Women</a>	<a href="#">Exercise ETC</a>	0.8
<a href="#">The Knee: Top Trends in Training</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">The Shoulder: New School Training Techniques</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Understanding Shoulder Dysfunction</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Upper Body Conditioning: Innovations in Excellence</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">When Good Knees Go Bad</a>	<a href="#">Exercise ETC</a>	0.3
<a href="#">Women, Exercise, &amp; Metabolism</a>	<a href="#">Exercise ETC</a>	0.2
<a href="#">Women's Home Workout Bible</a>	<a href="#">Exercise ETC</a>	0.9
<a href="#">Advanced Strength &amp; Power</a>	<a href="#">EXOS</a>	0.4
<a href="#">Speedo Fit Training</a>	<a href="#">EXOS</a>	0.8
<a href="#">The 0.10 Second Difference, the Science &amp; Application of Elite Linear Speed</a>	<a href="#">EXOS</a>	0.4

Title/Details	Provider	CEU
<a href="#">The Applied Neuroscience of Peak Performance</a>	<a href="#">EXOS</a>	0.4
<a href="#">Tactical Training Systems</a>	<a href="#">EXOS</a>	0.5
<a href="#">EXOS Core Competency Guided Curriculum (General Population Track) *EXOS Employees Only</a>	<a href="#">EXOS</a>	1.2
<a href="#">EXOS Core Competency Guided Curriculum (Sports Performance Track) *EXOS Employees Only</a>	<a href="#">EXOS</a>	1.9
<a href="#">Introduction to Plyometrics</a>	<a href="#">Fit and Functional</a>	0.5
<a href="#">Introduction to Running Mechanics</a>	<a href="#">Fit and Functional</a>	0.3
<a href="#">Principles of Functional Exercise</a>	<a href="#">Fit and Functional</a>	2.0
<a href="#">Sports Nutrition &amp; Weight Management</a>	<a href="#">Fitness4Professionals</a>	0.5
<a href="#">Expert Coaching System</a>	<a href="#">Fitness and Performance Institute</a>	0.4
<a href="#">Integrative Corrective Exercise Approach</a>	<a href="#">Fitness Revolution</a>	0.9
<a href="#">The S3 Training Method</a>	<a href="#">Fitness Revolution</a>	0.5
<a href="#">Fusionetics Body MAP: Motion Capture and Movement Testing</a>	<a href="#">Fusionetics Academy</a>	0.2
<a href="#">Fusionetics Movement Efficiency Level 1</a>	<a href="#">Fusionetics Academy</a>	0.8
<a href="#">Assessing Hydration In The Laboratory And Field</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Carbohydrate Mouth Rinse: Performance Effects And Mechanisms</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1

Title/Details	Provider	CEU
<a href="#"><u>Carbohydrate Nutrition And Team Sports Performance</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Dietary Assessment Methods For The Athlete: Pros And Cons Of Different Methods</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Dietary Nitrate: The New Magic Bullet?</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Effects Of Dietary Constituents On Cognitive And Motor Skill Performance In Sports</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Effects of Exercise on Immune Function</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Endurance Exercise And Antioxidant Supplementation: Sense Or Nonsense? - Part 1</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Endurance Exercise And Antioxidant Supplementation: Sense Or Nonsense? - Part 2</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Heat Acclimatization To Improve Athletic Performance In Warm-Hot Environments</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Hydration &amp; Aerobic Performance: Impact Of Environment</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Is There A Need For Protein Ingestion During Exercise?</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Manipulating Carbohydrate Availability To Promote Training Adaptation</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Multiple Transportable Carbohydrates And Their Benefits</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>New Ideas About Nutrition And The Adaptation To Endurance Training</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Nutrition And The Molecular Response To Strength Training</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1
<a href="#"><u>Nutritional Interventions To Enhance Sleep</u></a>	<a href="#"><u>Gatorade Sports Science Institute</u></a>	0.1

Title/Details	Provider	CEU
<a href="#">Nutritional Recommendations To Avoid Gastrointestinal Complications During Exercise</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Physiological Adaptations to Low-Volume High-Intensity Interval Training</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Protein Consumption And Resistance Exercise: Maximizing Anabolic Potential</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Protein Ingestion Prior To Sleep: Potential For Optimizing Post-Exercise Recovery</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Recovery Techniques For Athletes</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Sleep And the Elite Athlete</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Sodium Ingestion, Thirst And Drinking During Endurance Exercise</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">The Importance Of Vitamin D For Athletes</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Using Nutrition And Molecular Biology To Maximize Concurrent Training</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Vitamin D Measurement &amp; Supplementation: What, When, Why &amp; How?</a>	<a href="#">Gatorade Sports Science Institute</a>	0.1
<a href="#">Complete Shoulder &amp; Hip Blueprint</a>	<a href="#">Gentilcore Training Systems</a>	1.1
<a href="#">Even More Complete Shoulder &amp; Hip Blueprint</a>	<a href="#">Gentilcore Training Systems</a>	1.2
<a href="#">Advanced Strength Training for Older Adults</a>	<a href="#">Geri-Fit Company LLC</a>	2.0
<a href="#">Moms Gone Strong</a>	<a href="#">Girls Gone Strong</a>	0.6
<a href="#">The Glute Builder</a>	<a href="#">Glute Builder</a>	0.3



Title/Details	Provider	CEU
<a href="#">The Science and Application of High-Intensity Interval Training</a>	<a href="#">HIIT Science</a>	2.0
<a href="#">A Health Care Provider's Guide To Preventing Injury In Baseball</a>	<a href="#">HomeCEUConnection.com</a>	0.4
<a href="#">A Health Care Provider's Guide To Preventing Injury In Soccer</a>	<a href="#">HomeCEUConnection.com</a>	0.3
<a href="#">Balance and Stabilization Training</a>	<a href="#">HomeCEUConnection.com</a>	0.5
<a href="#">Bands, Flexibility and Balance - A Health Care Professionals Guide for Interventions</a>	<a href="#">HomeCEUConnection.com</a>	0.6
<a href="#">Breathing and Postural Control</a>	<a href="#">HomeCEUConnection.com</a>	0.4
<a href="#">Core Stability - Not For The Spine, But For The Extremities - The Real Truth</a>	<a href="#">HomeCEUConnection.com</a>	0.5
<a href="#">Exercises for Prevention of and Recovery from Back Pain</a>	<a href="#">HomeCEUConnection.com</a>	0.5
<a href="#">NeuroFascial Patterning: Assessing Movement</a>	<a href="#">HomeCEUConnection.com</a>	0.5
<a href="#">Nutrition for Endurance Athletes: Evidence Based Protocols</a>	<a href="#">HomeCEUConnection.com</a>	0.4
<a href="#">Prehab for the Most Common Runner Injuries: IT Band, Shin Splints Treatment &amp; More</a>	<a href="#">HomeCEUConnection.com</a>	0.2
<a href="#">Stretching Physiology, Techniques and More</a>	<a href="#">HomeCEUConnection.com</a>	0.4
<a href="#">Training with Technology</a>	<a href="#">HomeCEUConnection.com</a>	0.5
<a href="#">Foundations of Heart Rate Variability</a>	<a href="#">HRVcourse.com</a>	1.1
<a href="#">Advanced Fitness Assessment and Exercise Prescription</a>	<a href="#">Human Kinetics</a>	2.0

Title/Details	Provider	CEU
<a href="#">Advanced Marathoning</a>	<a href="#">Human Kinetics</a>	0.7
<a href="#">Applied Health Fitness Psychology</a>	<a href="#">Human Kinetics</a>	1.4
<a href="#">Applying Music in Sport and Exercise</a>	<a href="#">Human Kinetics</a>	1.7
<a href="#">Assessments for Sport and Athletic Performance</a>	<a href="#">Human Kinetics</a>	0.7
<a href="#">Athletic Movement Skills</a>	<a href="#">Human Kinetics</a>	1.7
<a href="#">Balance Training</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Bodybuilding Anatomy</a>	<a href="#">Human Kinetics</a>	0.4
<a href="#">Bodyweight Strength Training Anatomy</a>	<a href="#">Human Kinetics</a>	0.5
<a href="#">Cardiorespiratory Fitness Assessment and Prescription</a>	<a href="#">Human Kinetics</a>	0.4
<a href="#">Client-Centered Exercise Prescription</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Complete Guide to Foam Rolling</a>	<a href="#">Human Kinetics</a>	0.8
<a href="#">Complete Guide to TRX Suspension Training</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Conditioning to the Core</a>	<a href="#">Human Kinetics</a>	1.6
<a href="#">Conditioning Young Athletes</a>	<a href="#">Human Kinetics</a>	1.7
<a href="#">Cycling Anatomy</a>	<a href="#">Human Kinetics</a>	0.3

Title/Details	Provider	CEU
<a href="#">Designing Resistance Training Programs</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Developing Agility and Quickness</a>	<a href="#">NSCA/Human Kinetics</a>	1.3
<a href="#">Developing Endurance</a>	<a href="#">Human Kinetics</a>	1.5
<a href="#">Developing Power</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Developing Speed</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Developing the Core</a>	<a href="#">NSCA/Human Kinetics</a>	1.3
<a href="#">Dumbbell Training</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Eat. Lift. Thrive.</a>	<a href="#">Human Kinetics</a>	0.7
<a href="#">Endurance Sports Nutrition</a>	<a href="#">Human Kinetics</a>	1.9
<a href="#">Essentials of Eccentric Training</a>	<a href="#">Human Kinetics</a>	1.6
<a href="#">Essentials of Youth Fitness</a>	<a href="#">Human Kinetics</a>	1.3
<a href="#">Exercise for Hip and Knee Replacement</a>	<a href="#">Human Kinetics</a>	0.5
<a href="#">Exercise Technique for Resistance Training</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Facilitated Stretching</a>	<a href="#">Human Kinetics</a>	1.6
<a href="#">Fueling Young Athletes</a>	<a href="#">Human Kinetics</a>	0.9

Title/Details	Provider	CEU
<a href="#">Functional Training</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Heart Rate Training</a>	<a href="#">Human Kinetics</a>	0.6
<a href="#">High-Intensity Training for Women</a>	<a href="#">Human Kinetics</a>	0.8
<a href="#">High-Performance Training for Sports</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Kettlebell Training</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Kinetic Anatomy</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Lifestyle Wellness Coaching</a>	<a href="#">Human Kinetics</a>	1.3
<a href="#">Low Back Disorders</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Maximum Interval Training</a>	<a href="#">Human Kinetics</a>	1.7
<a href="#">Monitoring Training and Performance in Athletes</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Muscle &amp; Strength</a>	<a href="#">Human Kinetics</a>	1.5
<a href="#">Nancy Clark's Sports Nutrition Guidebook</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">NSCA's Certified Personal Trainer (NSCA-CPT) Enhanced Online Study</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">NSCA's Certified Strength and Conditioning Specialist (CSCS) Enhanced Online Study</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">NSCA's Guide to Program Design</a>	<a href="#">Human Kinetics</a>	1.3

Title/Details	Provider	CEU
<a href="#">NSCA's Guide to Sport and Exercise Nutrition</a>	<a href="#">NSCA/Human Kinetics</a>	1.4
<a href="#">NSCA's Guide to Tests and Assessments</a>	<a href="#">Human Kinetics</a>	1.4
<a href="#">NSCA's Strength Training</a>	<a href="#">Human Kinetics</a>	1.9
<a href="#">Periodization Training for Sports</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Physical Activity Instruction in Older Adults</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Pilates Anatomy</a>	<a href="#">Human Kinetics</a>	0.4
<a href="#">Plant-Based Sports Nutrition</a>	<a href="#">Human Kinetics</a>	0.7
<a href="#">Plyometrics</a>	<a href="#">Human Kinetics</a>	2.0
<a href="#">Power Yoga</a>	<a href="#">Human Kinetics</a>	0.5
<a href="#">Practical Guide to Exercise Physiology</a>	<a href="#">Human Kinetics</a>	1.8
<a href="#">Prenatal &amp; Postpartum Exercise Design</a>	<a href="#">Human Kinetics</a>	0.8
<a href="#">Prescriptive Stretching</a>	<a href="#">Human Kinetics</a>	0.4
<a href="#">Running Anatomy</a>	<a href="#">Human Kinetics</a>	0.3
<a href="#">Running Injuries: Strategies for Prevention and Intervention</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Running Mechanics and Gait Analysis</a>	<a href="#">Human Kinetics</a>	0.3

Title/Details	Provider	CEU
<a href="#">Science and Application of High-Intensity Interval Training</a>	<a href="#">Human Kinetics</a>	1.6
<a href="#">Science and Development of Muscle Hypertrophy</a>	<a href="#">Human Kinetics</a>	1.2
<a href="#">Science and Practice of Strength Training</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Smarter Workouts</a>	<a href="#">Human Kinetics</a>	0.7
<a href="#">Sports Supplements</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Strength Ball Training</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Strength Band Training</a>	<a href="#">Human Kinetics</a>	0.4
<a href="#">Strength Training for Basketball</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Strength Training for Fat Loss</a>	<a href="#">Human Kinetics</a>	1.8
<a href="#">Strength Training for Football</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Strength Training Past 50</a>	<a href="#">Human Kinetics</a>	1.3
<a href="#">Stretching Anatomy</a>	<a href="#">Human Kinetics</a>	0.4
<a href="#">Stretch to Win</a>	<a href="#">Human Kinetics</a>	1.4
<a href="#">Teaching Power Yoga for Sports</a>	<a href="#">Human Kinetics</a>	0.6
<a href="#">The Athlete's Guide to Diabetes</a>	<a href="#">Human Kinetics</a>	0.9

Title/Details	Provider	CEU
<a href="#">The BEST Exercise Program for Osteoporosis Prevention</a>	<a href="#">Human Kinetics</a>	0.6
<a href="#">The New Power Eating</a>	<a href="#">Human Kinetics</a>	0.9
<a href="#">The Walking Solution</a>	<a href="#">Human Kinetics</a>	0.6
<a href="#">The Warm Up: Maximize Performance and Improve Long-Term Athletic Development</a>	<a href="#">Human Kinetics</a>	0.5
<a href="#">Timing Resistance Training</a>	<a href="#">Human Kinetics</a>	0.6
<a href="#">Vegetarian Sports Nutrition</a>	<a href="#">Human Kinetics</a>	1.1
<a href="#">Water Exercise</a>	<a href="#">Human Kinetics</a>	1.0
<a href="#">Stronger Experts Seminar</a>	<a href="#">Hype Gym</a>	1.3
<a href="#">Hyperice SMR + Vibration Technology Course Level 1</a>	<a href="#">Hyperice</a>	0.2
<a href="#">Hypervolt for Self-Administration</a>	<a href="#">Hyperice</a>	0.2
<a href="#">2015-2020 IDEA Fitness Journal Quizzes</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.1
<a href="#">10 New BIG Things in Small-Group Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">21st Century Body Sculpt</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">50 Ways to Leave Your Core Lovers Wanting You More</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">A Different Look at Core Training: The Backside</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3

Title/Details	Provider	CEU
<a href="#">Abdominal and Core for the Aging Spine Course</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">ACE IFT- Integrated Fitness Training for Active Aging</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">ACE IFT - Training Strategies for Clients With Chronic Health Conditions</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Active Resistance Training® Total Body Mat Practice</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Advanced And Progressive Mechanics Of Lifting And Strength Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Advanced Corrective Exercise</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4
<a href="#">Aging Strong</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">An Introduction to Holistic Nutrition</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4
<a href="#">Anatomy in Three Dimensions: Common Knee Problems and Solutions</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Anatomy in Three Dimensions: The Shoulder</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Anatomy: Reconnect With Your Spine Muscles</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Anatomy of a Fitness Business</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Are You Hungry or Stressed?</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Assessment and Corrective Exercise Strategies for Improved Shoulder Function</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Baby Boomers - The Truth About Stretching!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3



Title/Details	Provider	CEU
<a href="#"><u>Back to Basics With Anatomy</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Balanced Body Pilates Smart Core Challenge</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Balancing Hormones for Optimal Weight Loss</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Balancing Hormones through Nutrition</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Battle Rope Mastery</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Become a World-Class Coach--Top Seven Must-Dos to Create Success and Significance</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Beyond Randomness: Exercise Selection Based on Movement Screening</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Beyond the Macros: Placing the Focus Back on Nutrient-Dense Foods</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Biohack Your Body--Anti-Aging Secrets to Ensure Movement Longevity</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Blast Your Abs, Glutes and Core – A Big HIIT With Your Clients</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Body-Weight Training-Amped Up</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Bridging the Gap Between Good Intentions and Meaningful Nutrition Change</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Can Technology Be Harnessed to Inspire Lasting Behavior Change?</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Carb IQ: Comparing Keto, Paleo and Low Carb</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Carbohydrates-Their Role in Body Composition, Weight Management and Performance</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.4

Title/Details	Provider	CEU
<a href="#"><u>Cardio-Strength Circuits For Fun And Function!</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Caving to the Craving: The New Science of Food Addiction and Recovery...With a Twist</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Communicating With Your Female Clients for Breakthrough Results</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Complete Program Design for the Obese/Overweight Client</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Core 3 x 3</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Core Conditioning Combos</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Core Connections: Progression Strategies to Enhance Core Function</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>CORE Yoga for Healthy Backs</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Correct the Psoas Gluteus Imbalance</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Corrective Exercise for Shoulder Impairments</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Creating Boot Camps for Zoomers</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Creating Emotionally Charged Exercise Experiences</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Creative Circuits—Five Steps to Better Program Design</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Cue Movement and Exercise With Abdominal Anatomy</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Cue Movement and Exercise With Hip Anatomy</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#"><u>Designing a Self-Myofascial Release Program</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Dynamic Nutrition Science: Parsing Today's Most Relevant Research for Real Life</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>East Meets West: A Mindful Approach to Health Coaching</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Eat to Win-Enhance Performance and Promote Recovery</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Eating a Lower Inflammatory Diet</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Exercise Science Update: New Research and Ideas</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>EXTREME Equipment-LESS Boot Camp</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Fascial Line Mobility</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Fat-Loss Programming for Your Female Clients</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Fit for Two: Pre- and Postnatal Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Flexibility for the Inflexible</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Food for Thought: Brain, Gut, Microbes, Diet</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>From Neck to Knees...More Than Just Core!</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>From the Hip</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Functional Anatomy: The Secret to Efficient Movement</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#">Functional Assessments for Special Populations</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Functional Balance Circuits for the Active Adult</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Functional Balance For The Active Aging Adult</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Functional Circuits for Aging Clients</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Functional Flexibility for the Active Aging</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Functional Movement Triad</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Functional Power Training for Older Clients</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Fundamental Principles of Upper Body Training - Pushing, Pulling and Pressing</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Gait-Based Movement Screening</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">GENERATE Buzz With Simple Marketing</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Getting Maximum Results With Minimal Equipment</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Glute Reboot</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Goodbye Infobesity, Hello Action Plan!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Group Exercise Applications for Training the Posterior Chain</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Guiding Others to Create Their Healthiest, Most Delicious Lives</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2

Title/Details	Provider	CEU
<a href="#"><u>Handstands</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Heart-Core Circuit Training: The New Edition</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Heart Rate Variability - The Science of Recovery Based Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Hidden Secrets to Core Performance</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>High-Intensity Kettlebell Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>HIITs Blitz</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>HIIT Step</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>How Hormones and Metabolism Change the Training Game for Females</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.4
<a href="#"><u>How to Create High Performance Outcomes</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>How to Fix a Broken Diet – Three Ways to Get your Eating on Track</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>How to Run Your Own “Drop Two Sizes” Challenge</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>How to Safely Introduce Plyometrics Into Your Clients' Routines</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>I Am Ageless Now</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.9
<a href="#"><u>Improve Stability and Posture with a Stability Ball</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Innovative Drills for Small Group Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#"><u>Insights Into Functional Training and Corrective Movement</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Insights Into Lower-Back Pain and Functional Solutions</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Intermittent Fasting – Science or Fiction?</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>I Q U Do: The Art of Intelligent Coaching</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Isolation to Integration: Corrective Exercise from a Functional Perspective</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.4
<a href="#"><u>Is It Time to Eat Yet?</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>It Takes Guts! Connecting Brain, Diet and Microbiome</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Let's Get Dynamic!</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Little Tweaks for Big Results!</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Loaded Mobility Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Lower-Extremity Mechanics and Techniques</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Make Your Barre Classes a HIIT</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Mastering Fat Metabolism and Weight Management</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.8
<a href="#"><u>Metabolic Disruption</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>Metabolic Meltdown</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#">Motivational Interviewing Skills Produce Targeted Results</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Movement for Health, Functionality, and Longevity</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.8
<a href="#">Neuroscience for the Fitness Professional: How Exercise Affects Our Most Important Organ-The Brain!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">New Research on Protein, Metabolism, Recovery and Satiety</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Nutrition Basics and Nutrient Timing</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Nutrition Myth Busters: Science Fact or Fiction?</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Obstacle Courses for Boot Camps and Beyond</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Olympic Lifting - The Mechanics and Progressions</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Optimize Function and Mobility with Strong and Stable Shoulders and Glutes</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Pain-Free Movement-The Science and Application</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Pilates 50/50</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Pilates on a Ball</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Pilates on the Ball</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Posture Improvement Workshop</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Power Core for Sports and Fitness Performance</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3

Title/Details	Provider	CEU
<a href="#">Power Medicine Ball Drills for Groups</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Progressing Clients From Function to Performance</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Promote Behavior Change With Better Coaching</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Protein Master Class: Health, Performance and Weight Loss</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Protein Obsessed: Sorting the Truth From the Hype</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Protein Overload: Are You Eating More Than You Need?</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Proven Strategies to Build Your Brand Using YouTube</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Push, Pull, Bend, Twist, Squat And Lunge!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Putting Heart into Mind-Body Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Quick Fix Workouts</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">REACH More Clients: Be Loud and Proud</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Rescue Your Knees-Look at Your Feet</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Reversing the Invisible Epidemic: Coaching People Who Have Prediabetes</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Restoring Fundamental Movement Patterns with Corrective Strategies</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Rock Solid!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3



Title/Details	Provider	CEU
<a href="#">Run Injury Free! Understanding Impact Forces</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Scapular Stability: Shouldering the Load</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Shoulder Function, Assessment and Reaction</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Six Steps to Better Program Design</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Skills Not Pills: Calming the Inflammation Superhighway With Focused Nutrition and Behavior Change</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Sleep Science for Fitness Professionals</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Small Group Training Workshop</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.6
<a href="#">Smart Programming for the Peri- and Postmenopausal</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Solutions for Training Postpregnancy Clients</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">SparkPro Training Diabetes Prevention Program Group Lifestyle Balance Lifestyle Coach</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	1.5
<a href="#">Spinal Stabilization Versus Pelvic Stabilization</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Spine-Focused Self-Myofascial Release</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Strength and Conditioning Games for Improved Fitness and Performance</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4
<a href="#">Strength Training for Optimal Results</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Techniques to Rehabilitate and Protect the Knees</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3

Title/Details	Provider	CEU
<a href="#"><u>The 3D Fascial Core</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>The Aging Club Member Crisis</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Better, Not Perfect, Nutrition Plan</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The BYOB Workout</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Complete Idiot's Guide to Plant-Based Nutrition</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Death of Crunches: 20 True Core Exercises</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Eight Essentials of Program Design</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Female Glute Relocation Program</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Female Lumbo-Pelvic Complex</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Female Physique-The Link Between Nutrition, Hormones and Strength Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Forgotten Five: Essential Muscles for Functional Movement</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Gluteals and Their Link to Low-Back Pain</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Hidden Messages in Food</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>The Hip Bone Is Connected to the First Metatarsal: Corrective Exercise for the Kinetic Chain</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>The Matrix – Innovative Group Strength Design</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#">The Mobile Health Map: Inspiring Your Clients and Your Business</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">The Neuroscience of Behavior Change: How to Train the Brain to Create Healthier Habits</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">The New ACE Integrated Fitness Training Model</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.8
<a href="#">The Next Wave in Corrective Exercise: Rhythm &amp; Timing</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Nuts and Bolts of Diabetes Prevention Program Coaching: From Getting Trained to Getting Paid</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Roll Model Fascial Makeover: Prioritize Your Periphery</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Science of Functional Aging</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Ultimate Light Dumbbell Workout</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">The Warm-Up Makeover: Start With a Bang!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">ThinkFit Flexibility: Dynamic Stretching Tricks and Tools</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Three-Dimensional Kettlebell Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Three Technologies to Engage and Empower Clients Inside and Outside the Session</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">To Dairy or Not to Dairy? Translating the Science for Your Clients</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Todays Food Conversation</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Todd Durkin's Boot Camp</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3

Title/Details	Provider	CEU
<a href="#"><u>Total Massage, Relaxation and Beyond</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Training Fascia - Research Developments in Fibrous Connective Tissue Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Training the Female Client</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Training the Pregnant Athlete</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Train Stations</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Training Two at Once: The Power of Collaborative, Competitive Partner Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Translating Today's Nutrition Science for Your Clients</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>TriggerPoint Corrective Strategies for Hip Dysfunction</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>TriggerPoint Corrective Strategies for the Foot and Ankle</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>TriggerPoint for Movement: Hip and Shoulder Mobility</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>TriggerPoint Myofascial Compression Techniques for Injury Prevention and Better Movement</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>TRX Essentials for Personal Training</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.4
<a href="#"><u>TRX Rip Training: Sports Performance &amp; Metabolic Conditioning</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.2
<a href="#"><u>TRX Training for Active Seniors</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3
<a href="#"><u>Turbo Tabata</u></a>	<a href="#"><u>IDEA Health &amp; Fitness Association</u></a>	0.3

Title/Details	Provider	CEU
<a href="#">Ultimate Back Exercises for Injury Prevention</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4
<a href="#">Understanding and Interpreting the Functional Movement Screen</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Understanding the Female Pelvic Core Neuromuscular System</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Upper-Extremity Mechanics and Techniques</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Using Function to Avoid Dysfunction in Aging</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Vital Anatomy-Functional Applications</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.4
<a href="#">Weighing the Evidence Behind Nutrition Research</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.2
<a href="#">Winning at Losing - Weight Management Made Simple</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Winning Group Strength Program Design</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Women, Metabolism and the Hormonal Highway!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Women, Weights and Results</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">XiT Extreme Interval Training</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Yoga: Adjust Me Puhleeeeeeeze!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Yoga Anatomy 101</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	1.0
<a href="#">Yoga Anatomy 201</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	1.0

Title/Details	Provider	CEU
<a href="#">Yoga Anatomy 201</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	1.0
<a href="#">Yoga for Optimal Client Performance</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Yoga Progressions and Regressions</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Your Guide to Stronger Legs and Great Glutes!</a>	<a href="#">IDEA Health &amp; Fitness Association</a>	0.3
<a href="#">Group Fitness Variety and Strategy for Increased Revenue</a>	<a href="#">IHRSA</a>	0.2
<a href="#">Programming Design for Athletes &amp; Outdoor Adventurers</a>	<a href="#">IHRSA</a>	0.2
<a href="#">Simplifying Your Branding Message</a>	<a href="#">IHRSA</a>	0.2
<a href="#">Technology Hacks for Personal Trainers</a>	<a href="#">IHRSA</a>	0.2
<a href="#">Health Coaching Fundamentals on Platform</a>	<a href="#">Institute of Motion</a>	2.0
<a href="#">IKN Performance</a>	<a href="#">Integrated Kinetic Neurology</a>	0.7
<a href="#">GPS Technology in Soccer</a>	<a href="#">International Sports Technology Association</a>	0.4
<a href="#">Program Design</a>	<a href="#">KILO Strength Society</a>	0.5
<a href="#">Kinesics Evaluation Course</a>	<a href="#">Kinesics</a>	0.7
<a href="#">Kinesics Posture Course</a>	<a href="#">Kinesics</a>	0.5
<a href="#">Kinesics Practical Evaluation Course</a>	<a href="#">Kinesics</a>	0.8

Title/Details	Provider	CEU
<a href="#">Kinesics Theory</a>	<a href="#">Kinesics</a>	0.7
<a href="#">Kinesics Training Course 1</a>	<a href="#">Kinesics</a>	1.0
<a href="#">Kinesics Training Course 2</a>	<a href="#">Kinesics</a>	1.0
<a href="#">Kettlebell Corrective Strategies and Techniques - Shoulder and Hip</a>	<a href="#">Kinesiology Institute for Performance Specialists</a>	0.7
<a href="#">Life Time Personal Training Method (Life Time employees only)</a>	<a href="#">Life Time</a>	2.0
<a href="#">MMAFx Hand Fighting Skills Training Program</a>	<a href="#">LombardMMA - MMAFx</a>	0.5
<a href="#">Ballet Technique: Vocabulary, Mechanics, Stressors, &amp; Modifications</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Bike Anatomy: The Bike and Bike Fit Rationale</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Clinical Bike Fit Case Studies</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Clinical Bike Fit Process</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Clinical Examination of the Runner</a>	<a href="#">MedBridge</a>	0.4
<a href="#">Clinical Gait Assessment</a>	<a href="#">MedBridge</a>	0.1
<a href="#">Common Mental Health Concerns in Athletes</a>	<a href="#">MedBridge</a>	0.3
<a href="#">Connecting the Dots: A Clinician's Role in Endurance Sports Performance</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Current Guidelines for Prenatal Fitness</a>	<a href="#">MedBridge</a>	0.2

Title/Details	Provider	CEU
<a href="#">Female Athlete Triad</a>	<a href="#">MedBridge</a>	0.3
<a href="#">Group Injury Prevention</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Horton Technique: Vocabulary, Mechanics, Stressors, &amp; Treatment</a>	<a href="#">MedBridge</a>	0.1
<a href="#">Move To Improve: Using Movement Analysis to Drive Performance &amp; Prevent Injuries</a>	<a href="#">MedBridge</a>	0.6
<a href="#">Nutrition in Sports</a>	<a href="#">MedBridge</a>	0.3
<a href="#">Peak Performance and Psychology of Performance</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Postpartum Fitness Program Design</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Psychology of Injury</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Run Better: Strength and Power Development for Endurance Athletes</a>	<a href="#">MedBridge</a>	0.3
<a href="#">Running Footwear</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Strength and Conditioning in Sports</a>	<a href="#">MedBridge</a>	0.3
<a href="#">Strength Training for Older Adults Part 1: Lower Body Major Lifts</a>	<a href="#">MedBridge</a>	0.2
<a href="#">Strength Training for Older Adults Part 2: Upper Body Major Lifts</a>	<a href="#">MedBridge</a>	0.2
<a href="#">The Knee: Injuries Unique to Knee Structure and Function</a>	<a href="#">MedBridge</a>	0.3
<a href="#">The Swim Stroke Analysis</a>	<a href="#">MedBridge</a>	0.2



Title/Details	Provider	CEU
<a href="#">The Swimmer's Shoulders</a>	<a href="#">MedBridge</a>	0.2
<a href="#">MASS Course #1</a>	<a href="#">Monthly Applications in Strength Sport</a>	0.8
<a href="#">MASS Course #2</a>	<a href="#">Monthly Applications in Strength Sport</a>	2.0
<a href="#">MASS Course #3</a>	<a href="#">Monthly Applications in Strength Sport</a>	1.8
<a href="#">Movement Fix Workshop Online</a>	<a href="#">Movement Fix</a>	0.7
<a href="#">Muscle Oxygen Physiology</a>	<a href="#">Moxy Monitor</a>	0.3
<a href="#">The Science &amp; Practice of Performance Enhancement with NIRS</a>	<a href="#">Moxy Monitor</a>	0.6
<a href="#">Blood Flow Restriction Training</a>	<a href="#">My Performance Rehab</a>	0.3
<a href="#">Balance Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Business Development for the Club Fitness Professional</a>	<a href="#">National Academy of Sports Medicine</a>	1.0
<a href="#">Cardio for Fitness</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Cardio for Performance</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Core Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Flexibility Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Goniometric Assessments</a>	<a href="#">National Academy of Sports Medicine</a>	0.3

Title/Details	Provider	CEU
<a href="#">Guide to Bodybuilding</a>	<a href="#">National Academy of Sports Medicine</a>	0.2
<a href="#">Manual Muscle Testing</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Mental Toughness</a>	<a href="#">National Academy of Sports Medicine</a>	0.5
<a href="#">Neuromuscular Stretching</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Positional Isometrics</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Reactive Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Resistance Training</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Speed, Agility, &amp; Quickness</a>	<a href="#">National Academy of Sports Medicine</a>	0.3
<a href="#">Strength and Conditioning</a>	<a href="#">National Federation of High School Associations</a>	0.6
<a href="#">5 Keys to Weightlifting for Athletes</a>	<a href="#">National Sports Performance Association</a>	0.2
<a href="#">Keys to Coaching Acceleration</a>	<a href="#">National Sports Performance Association</a>	0.2
<a href="#">Metabolic Resistance Training</a>	<a href="#">National Sports Performance Association</a>	0.2
<a href="#">Auto-Closer</a>	<a href="#">Net Profit Explosion</a>	1.0
<a href="#">NPE FAST-TRACK</a>	<a href="#">Net Profit Explosion</a>	2.0
<a href="#">NPE KICK-START</a>	<a href="#">Net Profit Explosion</a>	2.0

Title/Details	Provider	CEU
<a href="#"><u>5 Essential Skills for Facilitating Sustainable Weight Loss</u></a>	<a href="#"><u>Novo Wellness</u></a>	0.6
<a href="#"><u>Nutrition for Sports, Exercise &amp; Weight Management: What Really Works - and Why!</u></a>	<a href="#"><u>Nutrition Sports Exercise CEUs</u></a>	1.5
<a href="#"><u>Mixed Modal</u></a>	<a href="#"><u>OPEX Fitness</u></a>	2.0
<a href="#"><u>OPEX Coaching Certificate Program</u></a>	<a href="#"><u>OPEX Fitness</u></a>	2.0
<a href="#"><u>Programming: Movement</u></a>	<a href="#"><u>OPEX Fitness</u></a>	0.6
<a href="#"><u>Programming Strength</u></a>	<a href="#"><u>OPEX Fitness</u></a>	0.5
<a href="#"><u>The Wealthy Fit Pro's Guide to Starting Your Career</u></a>	<a href="#"><u>Personal Trainer Development Center</u></a>	0.6
<a href="#"><u>Addressing &amp; Preventing Low Back Pain</u></a>	<a href="#"><u>Personal Training on the Net</u></a>	0.2
<a href="#"><u>Advanced Fitness Sales</u></a>	<a href="#"><u>Personal Training on the Net</u></a>	0.2
<a href="#"><u>Corrective Exercise Solutions to Postural and Movement Dysfunction</u></a>	<a href="#"><u>Personal Training on the Net</u></a>	0.3
<a href="#"><u>Functional Integrated Training</u></a>	<a href="#"><u>Personal Training on the Net</u></a>	0.2
<a href="#"><u>Loaded Exercises and Movement Based Training</u></a>	<a href="#"><u>Personal Training on the Net</u></a>	0.2
<a href="#"><u>Macronutrients &amp; Exercise</u></a>	<a href="#"><u>Personal Training on the Net</u></a>	0.2
<a href="#"><u>Non-Traditional Strength Training</u></a>	<a href="#"><u>Personal Training on the Net</u></a>	0.2
<a href="#"><u>Performance Circuits</u></a>	<a href="#"><u>Personal Training on the Net</u></a>	0.2

Title/Details	Provider	CEU
<a href="#">Periodization</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Principles of Movement-Based Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Small Group Personal Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Special Populations</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Strength Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Stress Response to Exercise</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Youth Training</a>	<a href="#">Personal Training on the Net</a>	0.2
<a href="#">Combined Training: Evidence-Based Practice Strength and Conditioning Programming</a>	<a href="#">PhysicalTherapy.com</a>	0.3
<a href="#">New Resistance Training Guidelines for Women over 40</a>	<a href="#">PhysicalTherapy.com</a>	0.3
<a href="#">Programming for Muscle Strength and Power Gains</a>	<a href="#">PhysicalTherapy.com</a>	0.3
<a href="#">Rest and Recovery: Best Practices to Maximize Muscle Strength</a>	<a href="#">PhysicalTherapy.com</a>	0.2
<a href="#">Sleep Recommendations for Competitive Athletes</a>	<a href="#">PhysicalTherapy.com</a>	0.2
<a href="#">Sports Nutrition Principles for Training and Recovery - Strategies to Optimize Performance</a>	<a href="#">PhysicalTherapy.com</a>	0.3
<a href="#">Sports Performance Programming for the Pregnant and Postpartum Female Athlete</a>	<a href="#">PhysicalTherapy.com</a>	0.3
<a href="#">Strength Training for Different Populations</a>	<a href="#">PhysicalTherapy.com</a>	0.3

Title/Details	Provider	CEU
<a href="#">The Master Female Athlete</a>	<a href="#">PhysicalTherapy.com</a>	0.3
<a href="#">Post Rehab Essentials</a>	<a href="#">Post Rehab Essentials</a>	1.2
<a href="#">Power Athlete Methodology - Level One Course: Unlocking Athletic Potential</a>	<a href="#">Power Athlete</a>	1.5
<a href="#">Art of Breath</a>	<a href="#">PowerSpeedEndurance</a>	0.5
<a href="#">Combine Training</a>	<a href="#">Professional Football Strength &amp; Conditioning Coaches Association</a>	0.5
<a href="#">Injury Resiliency</a>	<a href="#">Professional Football Strength &amp; Conditioning Coaches Association</a>	1.4
<a href="#">PTA Global Foundations Course</a>	<a href="#">PTA Global</a>	2.0
<a href="#">RPR Level One Clinic (Online)</a>	<a href="#">Reflexive Performance Reset</a>	0.6
<a href="#">RumbleRoller Foundations Course</a>	<a href="#">RumbleRoller</a>	0.3
<a href="#">The Performance Digest Volume 1 (Issues 1-6)</a>	<a href="#">Science for Sport</a>	0.5
<a href="#">The Performance Digest Volume 2 (Issues 7-12)</a>	<a href="#">Science for Sport</a>	0.5
<a href="#">The Performance Digest Volume 3 (Issues 13-18)</a>	<a href="#">Science for Sport</a>	0.5
<a href="#">The Performance Digest Volume 4 (Issues 19-24)</a>	<a href="#">Science for Sport</a>	0.5
<a href="#">Soccer Fitness Trainer's Course</a>	<a href="#">Soccer Fitness</a>	0.4
<a href="#">L2 Fitness Summit</a>	<a href="#">Somerset Fitness</a>	1.2

Title/Details	Provider	CEU
<a href="#">The Complete Trainers Toolbox</a>	<a href="#">Somerset Fitness</a>	1.7
<a href="#">Powerful Play: The Ultimate Guide to the Foundations of Youth Fitness and Physical Literacy</a>	<a href="#">SPIDERfit Kids</a>	1.0
<a href="#">Melding of Models</a>	<a href="#">SPS Performance Consulting</a>	1.4
<a href="#">Flexologist Training Program (open to Stretchlab employees only)</a>	<a href="#">Stretchlab</a>	2.0
<a href="#">Stronger Experts</a>	<a href="#">Stronger Experts</a>	2.0
<a href="#">Bridging The Gap Chapter 7: Somatosensory System</a>	<a href="#">Structure and Function</a>	0.4
<a href="#">Bridging the Gap Chapter 8: Top 5 Considerations for Optimal Function</a>	<a href="#">Structure and Function</a>	0.6
<a href="#">Neck &amp; Back Pain: How Structure &amp; Function Relate</a>	<a href="#">Structure and Function</a>	0.4
<a href="#">Supporting Your Immune System Through Nutrition</a>	<a href="#">Structure and Function</a>	0.7
<a href="#">Hypertrophy Course</a>	<a href="#">Thibarmy</a>	0.5
<a href="#">Hypertrophy Cornerstone Course</a>	<a href="#">Thibarmy</a>	0.5
<a href="#">Training &amp; Conditioning Magazine Quizzes</a>	<a href="#">Training &amp; Conditioning</a>	0.2
<a href="#">Strength Training for Cycling Success</a>	<a href="#">Training Peaks University</a>	1.2
<a href="#">Strength Training for Triathlon Success</a>	<a href="#">Training Peaks University</a>	1.4
<a href="#">TRX for Yoga</a>	<a href="#">TRX</a>	0.5

Title/Details	Provider	CEU
<a href="#">TRX Suspension Training Basics</a>	<a href="#">TRX</a>	0.3
<a href="#">Biomechanics: Analysis of Human Movement</a>	<a href="#">UCLA Extension</a>	2.0
<a href="#">Biomechanics of Musculoskeletal Injury</a>	<a href="#">UCLA Extension</a>	2.0
<a href="#">Exercise and Sports Nutrition</a>	<a href="#">UCLA Extension</a>	2.0
<a href="#">Personal Training (CER 526)</a>	<a href="#">United States Sports Academy</a>	2.0
<a href="#">Sports Strength &amp; Conditioning (CER 525)</a>	<a href="#">United States Sports Academy</a>	2.0
<a href="#">ViPR PRO Fundamentals Mobile</a>	<a href="#">ViPR PRO</a>	0.9
<a href="#">Mental Strength Coaching and Training</a>	<a href="#">Warrior Mind Coaching</a>	2.0
<a href="#">Yin Yoga Teacher Training</a>	<a href="#">Yoga with Kassandra</a>	1.2
<a href="#">Essentials of Elite Performance (Online)</a>	<a href="#">Z-Health</a>	2.0