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[www.agon-101.com](http://www.agon-101.com)



**Julien AUTOGUE**  
Trainer



420€ par promotion  
Only for training centers  
359€ (1 à 3) - 259€ (+ de 3)  
Per person



1 Day  
7 hours

## A. COURSE OBJECTIVES

1. Discovery and practice of the Connective Training method.
2. Introduction and familiarization with AGON101 equipment.
3. Learning how to create exercises and mastering the assessment tools of the Connective Training method.
4. Exploration of the American and European markets: analysis and identification of upcoming opportunities.
5. Determining and understanding the principles of functional training in rehabilitation and re-athletization.
6. The importance of functional training in performance.
7. The role of functional training and postural stretching in injury prevention.

## B. PREREQUISITES

1. **SPORT:** Holder of or currently training for a Bachelor's/Master's in STAPS, BEES Métiers de la forme, BPJEPS AF, APA or APT, or CQP IF.
2. **HEALTH:** Holder of or currently training for a physiotherapist or osteopath diploma.
3. Any athlete who achieves a performance or significant ranking in national reference competitions.
4. Trainees must bring sportswear:
  - a. Sport t-shirt, tank top or sports bra
  - b. Jogging pants, leggings, or sports shorts
  - c. Clean sports shoes

## C. TRAINING PARTICIPANTS

1. Certified or trainee fitness instructors.
2. Sports coaches looking to diversify and enhance their skills. Fitness center owners and managers.
3. High-level athletes.

## **D. POSITIONING**

Before the start of the training, a questionnaire is sent to learners to establish their training needs. This questionnaire allows for the subsequent adaptation of the training modules and how they are approached with participants.

## **E. PROGRAM**

1. Introduction to AGON101.
2. Orientation of the American fitness market and its influence on the European market.
3. Importance of functional training in rehabilitation, re-athletization, and performance.
4. Role of postural stretching in injury prevention.
5. Presentation of AGON101 equipment.
6. Presentation and practical application of the CONNECTIVE TRAINING method.
7. Role-play and assessment of participants.

## **F. PEDAGOGICAL, TECHNICAL, AND SUPERVISORY MEANS**

1. Facilities:
  - a. Training room with tables and chairs, accommodating up to 25 participants.
  - b. A space allowing physical activity, accommodating up to 25 participants.
  - c. Water point and toilets.
2. **Teaching materials:**
  - a. AGON101® digital manual accessible to all participants.
  - b. AGON101® equipment necessary for learning, practice, and evaluation.
  - c. Access to the website [www.agon-101.com](http://www.agon-101.com).
  - d. Educational videos.
3. **Workshop:**
  - a. Demonstration of CONNECTIVE TRAINING exercises under the supervision of the trainer.
4. **Human Resources:**
  - a. Trainer certified in sports and health professions with 28 years of experience and trained in first aid.

## **G. COST OF TRAINING**

1. Cost for QUALIOPI certified Training Centers:
  - a. €420 (Flat rate for the day of training)
2. Individual cost outside training:
  - a. €359 per person (for 1 to 3 participants)
  - b. €259 per person (for 3 to 25 participants)

## H. PROGRAMME DE LA FORMATION

<b>9H00 - 9H45</b>	<p style="text-align: center;"><b>INTRODUCING AGON101</b></p> <ul style="list-style-type: none"> <li>• Introduction of the AGON101 Brand</li> <li>• AGON101 "High Product Market Fit"</li> <li>• Creating Your AGON101 Identity</li> </ul>
<b>9h45 - 10h15</b>	<p style="text-align: center;"><b>ORIENTATION DU MARKET ORIENTATION</b></p> <ul style="list-style-type: none"> <li>• Understanding the American Market</li> <li>• Orientation of the European Market</li> <li>• Analysis and Comparison of Both</li> </ul>
<b>10h15 - 11h00</b>	<p style="text-align: center;"><b>FUNCTIONAL TRAINING</b></p> <ul style="list-style-type: none"> <li>• Functional Training and Rehabilitation</li> <li>• Functional Training and Reathletization</li> <li>• Functional Training and Performance</li> </ul>
<b>11h00 - 11h30</b>	<p style="text-align: center;"><b>PORTURAL STRETCHING</b></p> <ul style="list-style-type: none"> <li>• Postural Stretching and Injury Prevention</li> </ul>
<b>11h30 - 12h30</b>	<i>LUNCH</i>
<b>12H30 - 13H15</b>	<p style="text-align: center;"><b>EQUIPMENT OVERVIEW</b></p> <ul style="list-style-type: none"> <li>• Inventory of the equipment</li> <li>• Assembly of the equipment</li> <li>• Adjustment of the equipment</li> </ul>
<b>13h15 - 14h00</b>	<p style="text-align: center;"><b>CONNECTIVE TRAINING METHODE OVERVIEW</b></p> <ul style="list-style-type: none"> <li>• What is isokinetic</li> <li>• Introduction to the 3 pillars</li> <li>• Level, Exercise, Assembly</li> </ul>
<b>14h00 - 14h30</b>	<i>PAUSE</i>
<b>14h30 - 17h00</b>	<p style="text-align: center;"><b>WORKSHOP</b></p> <ul style="list-style-type: none"> <li>• Creation of basic exercises</li> <li>• Creation of advance exercises</li> <li>• Role-play for participants</li> </ul>