

SHADOW ME

**CERTIFIED
VIRTUAL
SHADOWING
HOURS**

PROUDLY ENDORSED BY REPSSA



REPSSA has officially endorsed Shadow Me Fitness as an approved virtual shadowing solution for fitness students.

Shadow Me Fitness is a revolutionary new tech platform that offers virtual certified shadowing hours for students enrolled in Sport and Fitness courses. Using our proprietary four step authentication process, Shadow Me Fitness can verify that you completed the shadowing hours and provide evidence of your completed hours in the form of a certified “Deck”.

The “Deck” includes: A copy of your ID/passport, certificate of the instructing Fitness Professional and your picture and signature. Once you have completed the number of hours you need, simply download your Shadow Me Fitness deck and present it to your provider.

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WHY SHADOWME?

Shadowing a fitness professional is a requirement in terms of training providers and accrediting bodies.

The responsibility of this falls on your shoulders, you need access to a gym or fitness facility and the ability to shadow a Personal Trainer or Fitness Instructor.

Many students find this difficult, so Shadow Me Fitness came up with a virtual solution to solve this problem!

Bring COVID 19 into the equation and the problem becomes more amplified, many Personal Training clients do not want to be “crowded” and you as a student may not want to be in public places etc.

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BENEFITS FOR YOU

- ▶ No travel costs
- ▶ No person to person practical hours
- ▶ Compliant shadowing hours for your fitness course
- ▶ Once off fee
- ▶ Save time and finish your fitness certificate quicker
- ▶ You will not have to hunt down a trainer for verified shadowing hours
- ▶ Lifetime access to your shadowing videos

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SHADOWME FITNESS CATEGORIES

- ▶ Personal training
- ▶ Yoga
- ▶ Pilates
- ▶ Fitness instructor
- ▶ Group exercise instructor
- ▶ Sports conditioning
- ▶ Indoor cycling

Go to ShadowMe.Fitness for more information

REGISTER FOR SHADOWME

