



Total Body Walking Instructor Training





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An inspirational course which gives you the flexibility to train and start in your own time with plenty of support from the experts at WALX - They will be with you every step of the way ensuring you have the skills and confidence to be the best with the latest methods.

Course outline

Step 1 Total Body Walking - Power of Poles personal practice

Get the most from your own Total Body Walking and be ready to make the most from your practical Instructor training day when you will focus on teaching others. Using short video and audio lessons, you will follow the course and put it immediately into practice with a pair of WALX poles, provided at a learners discount.

Master how to hold the poles and understand their unique features plus how to use the correct gait/movements to maximise their power. Feeling this for yourself will help you when teaching others.

Duration:

Online training + personal practice: **3 hours**



Step 2 WALX Total Body Walking Instructor

• **WALX Method** - learn how to link technique to results. Clients often don't care about technique, but they do care about results!

• **WALX Poles** - understand how the patented design ensures the whole body is engaged when walking

• **Total Body Walking Basic Techniques** - learn how to teach this effective exercise simply and effectively with our unique 'Squares and Triangles' principles

• **Hills** - get the most from Total Body Walking uphill and downhill, increasing exercise intensity and strengthening around joints

• **Total Body Walking Fitness** - increase intensity for your fitter clients who want greater aerobic results

• **Managing Different Abilities** - ensure all clients are working at the level that will produce results, even with different abilities in the group.

• **Mobility + Flexibility** - incorporate warm up and cool down to create a well-rounded session

The WALX Total Body Walking Instructor course is delivered in person and supported with an online course so you can practice in your own time and come back to the teaching points whenever you need. You are issued with Power of poles training cards and a WALX pack

This course is assessed on the face-to-face training day. If additional practice is needed to successfully demonstrate competence in teaching, later video submissions are accepted

NOTE:- If you can't make our scheduled dates we can access via video or a visit to a local competent WALX Master in our network- however, students tell us that the practical day is invaluable.

Duration:

Face to face training: 8h-locations across the UK
Online training+ personal practice: 8h



One of our lesson plan cards

TOTAL BODY WALKING HILLS			
ACTION	INSTRUCTION	KEY MESSAGE	CLIENT CHECK
	Uphill: Step onto the pole, push down, step forward, repeat.	Push down, step forward, repeat.	Check for: Is the pole planted? Is the foot planted? Is the pole planted?
	Downhill: Step onto the pole, push down, step forward, repeat.	Push down, step forward, repeat.	Check for: Is the pole planted? Is the foot planted? Is the pole planted?
	On a hill: Step onto the pole, push down, step forward, repeat.	Push down, step forward, repeat.	Check for: Is the pole planted? Is the foot planted? Is the pole planted?

TOTAL BODY WALKING FITNESS			
ACTION	INSTRUCTION	KEY MESSAGE	CLIENT CHECK
	Flat: Step onto the pole, push down, step forward, repeat.	Push down, step forward, repeat.	Check for: Is the pole planted? Is the foot planted? Is the pole planted?
	Flat: Step onto the pole, push down, step forward, repeat.	Push down, step forward, repeat.	Check for: Is the pole planted? Is the foot planted? Is the pole planted?
	Flat: Step onto the pole, push down, step forward, repeat.	Push down, step forward, repeat.	Check for: Is the pole planted? Is the foot planted? Is the pole planted?

Step 3 Delivering Safe WALX – core knowledge module

This module helps you build your risk assessment document for your future business. This course is assessed - you will submit a short risk assessment document for review and feedback, after which you can build your working document with confidence.

Duration:

Online training and outdoor risk assessment, in your own time: 4h

• **Dealing with Emergencies** - if you are well prepared, the likelihood of an incident is hugely reduced. This lesson helps you be well prepared.

• **Risk Assessment** - learn how to put a risk assessment together so your sessions run smoothly and safely. Many landowners ask to see your risk assessment, so this module is essential.

• **Client Health** - ask the right questions to ensure the client will feel fine in their Total Body Walking session



WALX Academy Interactive learning portal

- On-Demand Video Lessons
- Comprehensive Learning Resources
- Vibrant Learner Community
- Interactive Learning Tools
- Expert Support & Mentorship
- Offline Access & Downloads
- Progress Tracking & Certifications
- Personalised Learning
- Project-Based Assignments



Step 4 Session Planning and Delivering a Great Session – core knowledge module

This module is assessed. You will plan a session, practice teaching friends and family, and submit your plan and feedback.

After this, you will be up and running, ready to build your groups!

Duration:

Online training in your own time: 4 hours

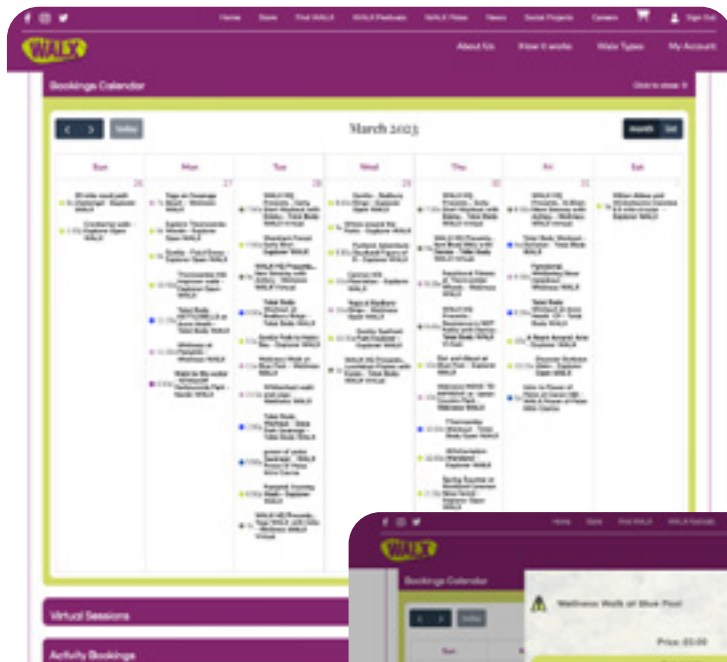
• **Session planning** – effective planning ensures you make the most of your venue and your clients get the most from their session – essential to have them coming back for more!

• **Group management** – supporting your learning in the practical Total Body Walking Instructor training day, this section is an excellent resource as your groups begin to build and you need to manage differing abilities effectively.

• **Client Health** – ask the right questions to ensure the client will feel fine in their Total Body Walking session

Step 5 Client Management & Building Your Online Presence with Online Booking

This online resource provides you with all the information for you to build your presence on the WALX website, list your WALX classes, take payment for classes and manage your clients.



Congratulations on Taking the First Step!

You are now equipped with the knowledge and skills to inspire others through Total Body Walking. As a WALX Instructor, you have the opportunity to help people improve their health, fitness, and overall well-being—one step at a time.

Your journey doesn't end here; it's just the beginning! Keep refining your technique, expanding your expertise, and sharing the benefits of WALX with your community. Remember, every walk is a chance to make a difference.

We are here to support you every step of the way. Stay connected, keep learning, and enjoy the journey!





WALX