

WHAT TO EXPECT FROM OUR PHASE I INSTRUCTOR COURSE

In our Phase I VXN Certified Instructor course you can expect all of the prep information you should have for your certification class. These terms and movements will all be reviewed during your certification. We encourage you to study and practice for your big day!

● **Welcome and Intro to VXN**

A huge welcome into the #Vixenarmy! Get to know our founder Janet Jones along with what a VXN class experience is like, our secret sauce and what our brand represents.

● **Physical Mental Health Benefits**

Learn about why VXN is a mind body connection fitness format. In this portion you will learn more indepth about body image, and how VXN taps into both physical and emotional fitness.

● **Understanding Human Movement**

In this portion of your Phase I course you will receive a breakdown of basic human movements that will help you better understand breathing, alignment and positioning to later layer these into our VXN dance movements.



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● **VXN Instructor Technique**

In this portion of your Phase I Certification course you will receive a break down of all of our VXN instructor techniques and moves. These movements will range from hands, arms, isolations, levels changes of the body and layer into our signature VXN poses and movements. All of which you will have a guided video on how to do each movement.

● **Components of class**

Lets break down all of the components of having your own class. We will start with what the role of an instructor is, how important setting up your class mood is, along with a class intro example and the workout itself. Becoming a VXN instructor goes starts well before you have your first class and we'll break down why and set you up for success.

● **Routines**

In this portion of our course you will receive 3 VXN routines to practice for the day of your certification. There will be a demo and a tutorial that you can replay as often as you need to prepare for your certification day.

