



Barre Intensity

Online BIIT Instructor Training & Certification

Included in this document are all the important pieces of information needed to know when participating in our online BIIT Instructor Training & Certification program. If after reading this information you have questions, please send an email to info@barreintensity.com or call 479.283.0065.

Prerequisites

This course was created for barre trained instructors, group fitness instructors that teach other modalities, or personal trainers. If you have never taught fitness before, we do not recommend this as your first certification. Alignment is covered during this course, but the exercises are explained to showcase choreography vs. a foundational movement.

If you have never taken in a BIIT class, we strongly encourage you to do so before participating in this training. You can find BIIT classes in our "[Barre Classes](#)" section of Barre Now. Use the "Genre" filter to easily find our BIIT classes.

Expectations

In order to learn the information presented in the most optimal way, we ask that you take notes within your BIIT Instructor Manual (mailed to most participants. Details below) and stand up and move along with us during the mini exercise series.

This course is 7 hours of online lecture and encouraged movement (broken down into 43 smaller video modules) with two full length BIIT classes and choreography review to breakdown and reinforce all concepts learned for a total of 10 hours of content. There is no time limit on course completion.



Pricing & Included Items

- The online BIIT Instructor Training & Certification costs \$199.00 USD which includes your Instructor Training Manual and 10 hours of course material including two full length BIIT classes.
- Please enter your home or shipping information when registering. We will ship your Instructor Manual to the address entered. Manuals will be shipped inside of the United States only. International participants will receive a digital PDF of the manual.
- We strongly recommend you wait to begin watching the video material until after your manual is received. We reference the manual throughout most the training.
- You will have access to the online training material and all bonus material for life.
- There are no required fees following your training

BIIT Course Syllabus

- BIIT Class Principles
- Interval Training Definition
- Intensity Definition
- BIIT Specific Circuits
- BIIT Class Outline
- BIIT Coaching Model
- Verbal Cueing
- Using Music in BIIT/Setting Up Your Timer
- Alignment
- BIIT Exercises for 5 Class Sections - 57 exercises/exercise combinations plus variations

Continuing Education Credits & Certified Status

Once completion of all video modules has taken place, you [must take the online quiz](#). The quiz is 40 questions long and a passing score of 34/40 or higher must be received. All those that receive a passing score will be emailed their certificate of completion. You can take the quiz as many times as needed to pass. The quiz is not timed.

Your certificate of completion is proof of you completing the online BIIT Instructor Training & Certification. You will then be able to submit for your continuing education credits and show as proof to your hiring manager that you completed our training program. Once you receive your certificate of completion you can begin teaching the BIIT technique assuming you have practiced and feel ready to do so.



You will receive 10 AFAA CEUs, 1 NASM CUE, 1 ACE CEC and 10 ACSM CECs once your certificate of completion is received.

Your certificate of completion is separate from your certified status. To become a certified BIIT Coach and listed on our website, you must complete the video test out.

To learn more about our test out process visit: <https://www.barreintensity.com/biittestout>

We hope you take this next step and join us as a BIIT Coach!