

SKS HOSPITAL & KAYSFIT ACADEMY

proudly presents



PROFESSIONAL GYM TRAINER MASTERCLASS

Safe Training | Client Engagement | Business Growth!

Date
20th Apr 2025
Sunday

Time
08 AM
to
06 PM

Place
SKS Hospital
Salem

Dear Trainers,

We cordially invite you to take part in the Programme
"PROFESSIONAL GYM TRAINER MASTERCLASS WORKSHOP".



Dr M SATISH KUMAR,

DNB (Orthopedic Surgery),

Fellowship in Arthroscopy & Sports Medicine (ISAKOS)

Fellowship in Shoulder & Knee Surgery (UK)

CONSULTANT SHOULDER, KNEE & SPORTS INJURY SURGEON



KANNAN (COACH KAY) SUNDARARAJAN,

HIGH PERFORMANCE ENDURANCE COACH & RACE DIRECTOR

MSc in Performance Coaching

UESCA Ultrarunning Coach

ACE Personal Trainer

Founder of OOTYULTRA, Bison Ultra & Madurai Ultra

PROGRAM SCHEDULE

MORNING SESSION (8.00 AM)

- Registration & Welcome
- Injury Prevention Basics
- Strength Training & Safe Techniques
- Dealing with Emergencies - First-Aid & CPR Training
- Client Progress & Engagement Strategies
- Business Growth for Gym Trainers
- Common gym injuries. Non surgical and surgical management.

Lunch Break

AFTERNOON SESSION (2.00 PM)

- Collaborating with Healthcare Professionals
- Operational Efficiency & Professionalism
- Advanced Coaching Skills & Ethics
- Practical Strength Training & Hands-on Techniques
- Case Studies & Problem Solving
- Q&A & Closing (6.00 pm)

REGISTRATION FEES DETAILS

For Registration Kindly Visit www.skshospital.org

Registration Fees ₹ **500/-**

Please note a processing fees of Rs.25 will be added to all the registrations

REGISTRATION QUERIES: Mr Murali - 99944 11152