

MOVE YOUR TRAINING, TRAIN YOUR MOVEMENTS!

WTA | **FUNCTIONAL TRAINING**
INTERNATIONAL ACADEMY

ereps
EUROPEAN REGISTER OF EXERCISE PROFESSIONALS
part of EuropeActive



2021

January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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21	22	23	24	25	26	27
28	29	30	31			

April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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May						
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30	31					

June						
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July						
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August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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29	30	31				

September						
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October						
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31						

November						
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28	29	30				

December						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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26	27	28	29	30	31	



METHOD[®]
WTA FUNCTIONAL TRAINING

www.wta-functionaltraining.com

MAKE THE DIFFERENCE, JOIN THE WTA SYSTEM!

HOW?

TRADITIONAL TRAINING

- SINGLE BODY AREA X
- ACTION OF THE SINGLE MUSCLE X
- SINGLE DIRECTION X
- SINGLE SYSTEM APPROACH X
- STATIC STRETCHING OF THE SINGLE MUSCLE X
- MUSCLE STRENGTH X
- SINGLE ABILITY X
- SINGLE GOAL X



WTA FUNCTIONAL TRAINING[®]

- ✓ TOTAL BODY
- ✓ FUNCTIONS OF THE GLOBAL MOVEMENTS
- ✓ 3 PLANES OF MOTION SKILLS
- ✓ MULTI-SYSTEM APPROACH
- ✓ GLOBAL & DYNAMIC JOINT MOBILITY & FLEXIBILITY
- ✓ NEURO-MUSCULAR SYSTEM STRENGTH
- ✓ COMBINED ABILITIES
- ✓ COMBINED GOALS



" La Salute e il Benessere psico-fisico sono un diritto di tutti, darsi da fare per ottenerli è una scelta di alcuni, trovare la strada giusta per farlo è un privilegio di pochi! Scegli la tua strada, la nostra è WTA Functional Training® Method! "

WTA Founder Emilio Troiano

