

# FEA® COURSES & PRICE LIST

|    | COURSE NAME                                           | PRICE (MVR) |
|----|-------------------------------------------------------|-------------|
| 01 | FEA® CFP – Foundation Programme                       | MVR 1500    |
| 02 | FEA® CFP – Module 1 Certified Exercise Instructor     | MVR 8800    |
| 03 | FEA® CFP – Module 2 Certified Fitness Instructor      | MVR 8800    |
| 04 | FEA® CFP – Module 3 Certified Personal Trainer        | MVR 8800    |
| 05 | FEA® Certified Group Exercise-To-Music Instructor     | MVR 7500    |
| 06 | FEA® Body Transformation Specialist                   | MVR 8800    |
| 07 | FEA® Strength and Conditioning Specialist             | MVR 7500    |
| 08 | FEA® Exercise Nutrition                               | MVR 7500    |
| 09 | FEA® Bootcamp Instructor                              | MVR 6500    |
| 10 | FEA® Bootylicious Workshop                            | MVR 1880    |
| 11 | FEA® Introduction to Suspension Training              | MVR 880     |
| 12 | FEA® Introduction to High-Intensity Interval Training | MVR 880     |
| 13 | FEA® Introduction to Kettlebell Training              | MVR 880     |
| 14 | FEA® Introduction to Functional Training Tools        | MVR 880     |
| 15 | FEA® Introduction to Exercise Nutrition               | MVR 880     |



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|----|-----------------------------------------------------|----------|
| 16 | FEA® Pre- and Post-Natal Exercises                  | MVR 880  |
| 17 | FEA® Programming to Maximize Muscle Hypertrophy     | MVR 1000 |
| 18 | FEA® Sustainable Fat Loss Programme                 | MVR 1000 |
| 19 | FEA® Postural Assessment and Corrective Exercises   | MVR 880  |
| 20 | FEA® Techniques to Improve Flexibility and Mobility | MVR 880  |
| 21 | FEA® Exercises for Clients with Lower Back Pain     | MVR 880  |
| 22 | FEA® Small Group Training                           | MVR 6500 |
| 23 | FEA® Performance Exercise                           | MVR 880  |
| 24 | FEA® HIIT Instructor Training                       | MVR 1500 |
| 25 | FEA® Suspended Functional Training                  | MVR 1500 |
| 26 | FEA® Kettlebell Performance Training                | MVR 1500 |
| 27 | FEA® Muaythai Kickboxing for Personal Trainers      | MVR 6500 |
| 28 | FEA® Adult CPR & AED                                | MVR 880  |
| 29 | Calisthenics Coach                                  | MVR 6500 |
| 30 | The Cycle Informed Coach                            | MVR 6500 |
| 31 | FEA® Sports Massage Essentials                      | MVR 6500 |