

DTS COURSE CURRICULUM

DTS LEVEL 1

LIVE OR VIRTUAL

HABITS COACH

VIRTUAL

KETTLEBELL COACH

LIVE OR ONLINE

BARBELL STRENGTH

LIVE OR VIRTUAL

ONLINE COURSES & SPECIALIZED SKILLS

Choose the skills you would like to optimize from the following courses:

- + Low Back Pain Specialist **ONLINE**
- + Conditioning Coach **ONLINE**
- + Hypertrophy Fundamentals **ONLINE**
- + Striking Fundamentals **LIVE**
- + Power Club Fundamentals **ONLINE**

MASTERCLASS SERIES

VIRTUAL

Our Masterclass series was designed to welcome new students and support course graduates.

Avoid feeling burnt out and bored by learning fresh training ideas and concepts every few months.

PLEASE NOTE:

This is a **RECOMMENDED** curriculum to maximize your learning with DTS. All of our courses are designed to stand alone. Therefore, they could be done in any order that resonates with you.

