

## COURSE: **TP001**

### SPONSOR

Milan Kabát

### LECTURER

Milan Kabát

### LANGUAGE

EN RU SK

### DURATION (TIME)

2 hours

### PLACE

Conference room

### DIFFICULTY



EduProSport  
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# Lux Trainer

## AFTER COMPLETING THIS COURSE, YOU WILL BE ABLE TO

Orientate in a large number of categorized exercises to develop conditioning and coordination abilities. You will be able to choose exercises based on your chosen specifications such as: results of sport testing, training environment, specific conditioning and coordination ability or a specified muscle group. In addition to using the catalog exercises you will also be able to plan and record the training process at different times for individuals and groups of players. Lux Trainer thus becomes your tool for an individual approach of each player.

## COURSE OUTLINE

- Purpose and meaning, philosophy of making training plans
- Essential functions of the program Lux trainer
- Program set up
- Searching and filtering exercises according to various parameters
- Registration of athletes
- Creation of training plans and training indicators
- Calendar and scheduling training
- Print and export of training plans

## WHO THE COURSE IS FOR

Coaches in sport centers, sports clubs

## REQUIRED SKILLS

Basic computer skills

## LINK TO PRODUCT DETAIL

[www.hockeydts.com/packages/training-plan/lux-trainer/](http://www.hockeydts.com/packages/training-plan/lux-trainer/)

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[www.eduproport.com/en/course/TP001](http://www.eduproport.com/en/course/TP001)