



Tim Haft, President | Punk Rope, Inc. | 330 First Avenue, 8E | New York, NY 10009 | 646-654-0668 | tim@punkrope.com

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Thank you for your interest in hosting a **Punk Rope/RJMax Workshop**. Should you have any questions, don't hesitate to contact Tim Haft at **646-654-0668** or **tim@punkrope.com**.

### **What's Punk Rope?**

Punk Rope is a blend of recess and boot camp for all ages and fitness levels. Rope jumping, creative drills, relay races, and raise-the-roof music bring out the kid in all of us.

### **What's RJMax?**

Short for "rope jumping for maximum fitness," RJMax blends rope jumping with intervals of high-intensity body weight exercises and is geared toward those who prefer their workouts hardcore.

### **Workshop Basics**

- Punk Rope does not charge licensing fees or certification renewal fees.
- The Punk Rope Workshop is 7 hours long and is usually held on a Saturday **or** Sunday.
- The workshop maximum is 20.
- The workshop minimum is determined on a case-by-case basis.
- Punk Rope handles registration through its secure website; we also accept checks.
- Punk Rope will provide you with a PDF flier to help with promoting the workshop.
- The fitness director of the host facility receives a complimentary registration.
- Registration fees (subject to change):
  - Host staff & members: \$129
  - General public: \$169
  - Need-based scholarships covering up to 50% of the registration fee are available

### **Registrants Get:**

- CECs: .7 ACE | 6 AFAA | .7 NASM | 7 ACSM | 7 ISSA | 7 NETA
- Lifetime certificate to teach Punk Rope and RJMax
- PDF Instructor's manual
- Adjustable speed rope
- FREE membership in the Punk Rope Instructors' Alliance

### **Host Responsibilities:**

- **\*\*\*To enthusiastically promote the workshop to staff and members\*\*\***
- To provide a workout space of at least 1500 sq ft (**if smaller, please call to discuss**)
- To provide a sound system, which accepts a wireless microphone

## Next Steps

If you'd like to host a Punk Rope/RJMax Workshop, please complete the form below and email to [tim@punkrope.com](mailto:tim@punkrope.com) or fax to 646-349-2638. Upon receipt, we'll give you a call to discuss.

<b>Facility name</b>	
<b>Facility address</b>	
<b># of trainers/instructors at your facility</b>	
<b>Square footage of studio/gym (If less than 1500 sq ft call us to discuss)</b>	
<b>Do you have a sound system that accepts a wireless mic?</b>	
<b>Is your facility accessible by public transportation?</b>	
<b>Contact person</b>	
<b>Phone</b>	
<b>Email</b>	