



DTS COURSE CURRICULUM



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.

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 each month.