

CV

Navn: Rasmus Thorø Thomsen

Fødselsdato: 23-08-1991



Formel Uddannelse

Bsc. Idræt – Aalborg Universitet – 2013

Msc. Idræt – Aalborg Universitet – 2015

Kurser/Certificeringer/Uddannelser

Charles Poliquin & Poliquin Group

Poliquin International Coaching Certification (PICP) Level 1 (2011) – John Connor, Derek Woodske

Poliquin International Coaching Certification (PICP) Level 2 (2012) – Mary-Pier Gaudet, Derek Woodske

Poliquin International Coaching Certification (PICP) Level 3 (2013) – Derek Woodske, Jess Banda, Luke Leaman, Stephane Cazeault

Poliquin International Coaching Certification (PICP) Level 4 (2014) – Jess Banda, Stephane Cazeault, Kim Goss

Poliquin Hypertrophy Internship – Charles Poliquin, Derek Woodske, Ryan Faehnle (2013)

Biosignature Modulation Level 1 (2011, 2012, 2013)

Biosignature Modulation Level 2 – James Lavalley, Poliquin Group (2014)

Bioprint, Charles Poliquin (2014)

Lab Assessments for Metabolic Performance – James Lavalley, Poliquin Group (2014)

Gut health and its importance in optimizing metabolic performance – James Lavalley, Poliquin Group (2014)

Postural Restoration Institute

Myokinematic Restoration – Postural Restoration Institute (2014, 2019)

Postural Respiration – Postural Restoration Institute (2015, 2019)

Pelvis Restoration – Postural Restoration Institute (2015)

Impingement & Instability – Postural Restoration Institute (2017)

Cervical Revolution – Postural Restoration Institute (2018)

Occlusal Cervical Revolution – Postural Restoration Institute (2018)

Advanced Integration – Postural Restoration Institute (2018)

Cervical Resolution – Postural Restoration Institute (2019)

Forward Locomotor Movement – Postural Restoration Institute (2020)

Ido Portal

Ido Portal – Movement-X 2011 – 2 gange (2011)

Ido Portal – The Corset (2015)

Ido Portal – European Movement Meeting (2015)

Ido Portal – Handbalancing (2016)

Gymnastik Trænerkurser

DGF hjælpertræner 1 & 2 (2004/2005)

British Gymnastics level 1 assistant coach (2009)

Gymnasticbodies 3 day European Seminar – USA jr. landsholdstræner Cristopher Sommer (2010)

Tirrenia Training Camp – Jordan Jovtchev, Valentin Potapenko, Barry Collins m.fl.(2012) (udvalgt elite-instruktør camp med maks 2 trænere & 2 gymnaster fra hvert land i Europa)

Private Education – USA Gymnastics National Team Coach Dave Juszczyk

GymDanmark nationalt dommerkursus (2013)

Handstand workshop Yuval Ayalon (2023, 2023)

Wolfgang Unsoeld (YPSI)

Private Internship Wolfgang Unsoeld (2015)

YPSI Dryneedling – Peter Lundgren (2017)

YPSI trainingcamp – Wolfgang Unsoeld & Peter Lundgren (2017)

YPSI 20 tips for more success in training/bodycomp (2017)

YPSI Interval Training Program Design & Periodization (2019)

Andre Kurser

Instrument Assisted Soft Tissue Massage – Ove Indergaard (2012)

Advanced Nutrition Strategies, Fat loss & Hypertrophy training, Phil Learney (2014)

Body Development internship – Tom Crudgington m.fl.

International Conference on Strength Training, Italien (2014)

Shoulderseminar.com – Mike Reinolds (2014)

BeActivated Level 1 – Douglas Heel

Methylation & Clinical nutrigenomics part1 – Ben Lynch – SeekingHealth.com

Bryan Walsh Functional Medicine + Blood Chemistry

Optimal Shoulder Performance – Eric Cressey

Sturdy Shoulders – Eric Cressey

☑ Internship Andrzej Roszkowski (2016)

☑ SWIS conference (2016)

Lifthard weightlifting seminar - Kirksman

Stuart McGill Level 1-2-3 Back Pain & Performance

PhD Kursus - pain science - Aalborg Universitet

Brad Schoenfeld private seminar

Brad Schoenfeld public 1-day seminar

Undervisning fedmens/overvægtens fysiologi v. JensL (2023)

Iværksætterinstituttet ½årsforløb/kursus (2011)

Vægtløftning workshop Omed Alam (2023)

Applied Integration Academy Fellowship program (2023)

Applied Integration Academy mentorship w/ Mike Cantrell (2023)

Knee evaluation and treatment – Mike Reinolds (2024)

Erhverserfaring

Selvstændig personlig træner 2013-nu (www.rasmusthoro.dk)

Stifter/Ejer "Next Level Program" 2018-nu (www.nxtlvlprg.com)

Gymnastikinstruktør (2004-2019)

Diverse steder: Spangsbjerg IF, Gymnastics Academy Doha, AIG-Aalborg, GymAalborg, DGI-huset Aalborg

Underviser Fitness Institute 2013-2018

Fysisk Træner GymDanmark Elite mandlig idrætsgymnastik (2011-2013)

Underviser & Udvikler GymDanmark national uddannelse (2012)

Fysisk Træner AAB Fodbold talenter U17 (2011/2012)

Guld DM 3. division idrætsgymnastik (2011)

Bronze DM hold elitedivision mandlig idrætsgymnastik (2012)