

Aus- und Weiterbildungen Marc Sonderegger Personalworkout:

- ✓ 2003–2008: Lic. Sport und Sportwissenschaft mit Nebenfach Biologie, Universität Bern
- ✓ 2007–2008: Lehrdiplom für Maturitätsschulen Sport und Biologie, PH Bern
- ✓ 2013–2014: A-Lizenz in Personal Training, Functional Training und Ernährungscoach, Sportlerei Akademie, DE-München
- ✓ 2013–2014: Trainer für funktionelle Sportrehabilitation; Athletik Coach, Sportlerei Akademie, DE-München
- ✓ 2013, 2015, 2017: Personal Trainer Conference, DE-Mainz
- ✓ 2013, 2014, 2015, 2017: Syropa Trainer Basic, Progressiv, Progressiv Advanced, Professional, CH
- ✓ 2014, 2015, 2016: Dynamic Days, CH
- ✓ 2014: Performance Taping Kurs, Rocktape, CH
- ✓ 2014: Vertiefung Anatomie / Physiologie und Pathologie, Swiss Prävensana Akademie, CH
- ✓ 2015: Functional Training Summit, DE-München

- ✓ 2016: Jahrestagung Swiss Sport Nutrition Society, CH
- ✓ 2016: Mark Lauren Trainer-Ausbildung Level II, AUT-Wien
- ✓ 2016: Workshop I Wirbelsäule / Core, Dr. Gottlob Institut, DE-Stuttgart
- ✓ 2016: Workshop II Schultergürtelsystem, Dr. Gottlob Institut, DE-Stuttgart
- ✓ 2016: Workshop III Hüft- Beinregion & Arme, Dr. Gottlob Institut, DE-Stuttgart
- ✓ 2016: Workshop V Bodyweight & Free Exercises, Dr. Gottlob Institut, DE-Stuttgart
- ✓ 2016: Mobility Coach, Perform Better, DE-München
- ✓ 2016: YPSI Trainings Camp with Dr. Peter Lundgren, DE-Stuttgart
- ✓ 2016: YPSI Before n' After Bootcamp, DE-Stuttgart
- ✓ 2016: YPSI Funktionelle Anatomie und Übungsausführung, DE-Stuttgart
- ✓ 2016: YPSI Program Design, DE-Stuttgart

- ✓ 2017: YPSI Nährstoffe, Hormonhaushalt & Nervensystem, DE-Stuttgart
- ✓ 2017: YPSI Bewegungsanalyse & Pre-/Rehabilitation, DE-Stuttgart
- ✓ 2017: YPSI Sportspezifisches Training & Business
- ✓ 2017: YPSI Advanced Program Design & Periodisierung, DE-Stuttgart
- ✓ 2017: YPSI Advanced Supplementation, DE-Stuttgart
- ✓ 2017: YPSI Invitation Only Seminar, DE-Stuttgart
- ✓ 2017: YPSI Trainer A-Lizenz, DE-Stuttgart
- ✓ 2017: Trainingscamp Hypertrophie, Continuum Training & Health AG, CH
- ✓ 2017: Private 3-Day Internship, div. Themen, Continuum Training & Health AG, CH
- ✓ 2017: Sport und Psychoneuroimmunologie, Natura Foundation, CH
- ✓ 2017: Private 1-Week Internship Gunnar Peterson, Los Angeles, USA
- ✓ 2017: Private 1-Day Internship PT-NR, Fascial Stretching, Hormone und Fatloss, CH

- ✓ 2018: YPSI Intervalltraining Seminar, DE-Stuttgart
- ✓ 2018: Seminar Methoden & Techniken, Continuum Training & Health AG, CH
- ✓ 2018: Seminar Übungsprogressionen & -ausführung, Continuum Training & Health AG, CH
- ✓ 2018: Seminar Program Design & Testing, Continuum Training & Health AG, CH
- ✓ 2018: MNTS Trainingscamp, Continuum Training & Health AG, CH
- ✓ 2018: MNTS Mentorship Reha & Therapie, Continuum Training & Health AG, CH
- ✓ 2018: Private 3 Day Mentorship Bodybuilding, Continuum Training & Health AG, CH
- ✓ 2018: 3 Day Seminar Understanding Nutrition, Dan Garner, DE-Köln
- ✓ 2018: Team Garner Coach for Nutrition and Training, 6 Month Online Course, CAN
- ✓ 2018: Ernährungsworkshop Dr. Torsten Albers, CH
- ✓ 2018: 2 Day Private Internship, div. Themen, Continuum Training & Health AG, CH

- ✓ 2019: 1 Day Private Internship, Bodybuilding, Semper-Fi, CH
- ✓ 2019: Workshop zu Anamnese & Behandlung in der Osteopathie, OP-Therapie, CH
- ✓ 2019: Die klassische und molekulargenetische Stuhldiagnostik, Ortho-Analytic, CH
- ✓ 2019: Blood Chemistry Interpretation, Dr. Bryan Walsh, London, UK
- ✓ 2019: Workshop Integrating Functional Medicine & Advanced Strength & Conditioning Methods, Eoin Lacey from Irish Strength Institute, CH
- ✓ 2019: YPSI Advanced Funktionelle Anatomie & Übungsausführung, DE-Stuttgart
- ✓ 2019: YPSI Advanced Ernährung, Hormone und Hautfaltenmessung, DE-Stuttgart
- ✓ 2019: YPSI Tool Seminar, DE-Stuttgart
- ✓ 2019: YPSI Weightlifting for Sports Workshop, DE-Stuttgart
- ✓ 2019: YPSI Strengthtraining & Sport Science Seminar with Dr. Dr. Dietmar Schmidtbleicher, DE-Stuttgart
- ✓ 2019: YPSI Bodybuilding & Strengthtraining with Juan Carlos Simo, DE-Stuttgart
- ✓ 2019: YPSI Functional Nutrition for Neurotransmitters, DE-Stuttgart
- ✓ 2019: Functional Medicine 6 Month Online Course, Dr. Bryan Walsh, USA
- ✓ 2019: 2 Day Private Internship Mark Coles, M10, London, UK
- ✓ 2019: Pain Free Performance Specialist (PPSC), Dr. John Rusin (USA), Basel, CH
- ✓ 2019: 4 Day Private Internship, Functional Medicine, Athletic Performance, Eoin Lacey ISI, Dublin, UK

- ✓ 2020: Private Consultations with Morley Robbins and 14 Week Course at the RCP Institute, USA
- ✓ 2020: Coaching and Consultations with Eugene Teo, Ganbaru, AUS
- ✓ 2020: Diverse Konsultationen Eoin Lacey ISI, Dublin, UK
- ✓ 2020: Private Consultation Skype with Marek Doyle, London, UK
- ✓ 2020: 4 Tage privater Kurs zum Thema HRV, Dr. Alfred Lohninger, Zug, CH
- ✓ 2020: Seminar Methoden Advanced, Continuum Training & Health AG, CH
- ✓ 2020: Coaching and Consultations, Ben Cant, AUS
- ✓ 2020: YPSI Mikrobiom und Bodycomp, Online-Seminar, DE

- ✓ 2021: Henselmans Personal Trainer Kurs, Online, NED
- ✓ 2021: Precision Nutrition Level I, Online, USA
- ✓ 2021: Program Design Mastery & Neurotyping, Thibaudeau, Online, USA
- ✓ 2021: 3.5 Day Resistance Training Specialist Level I Course, USA
- ✓ 2021: 2 Tage privater Kurs HRV inkl. Prüfung, Dr. Alfred Lohninger, Zug, CH

- ✓ 2022: Ausbildung zum zertifizierten HRV-Professional by Autonom Health, AUT
- ✓ 2022: 3 Tage Anatomiekurs am menschlichen Präparat, Prof. Dr. A. Vleeming, CH

- ✓ 2013- Mitglied im Schweizerischen Personal Trainer Verband
- ✓ 2014- Qualitop und EMfit zertifiziert
- ✓ 2016-2020 Mitglied im Vorstand des Schweizerischen Personal Trainer Verbands