

# Strength Training for Fat Loss

## 减脂阻力训练

Lose Fat, Build Muscle and Gain Performance Simultaneously  
减脂，增肌，加强运动表现同时兼得

### Course Overview 课程介绍

A very common dogma in people who tries to lose weight thinks that cardiovascular training burns more calories to achieve fat loss. Well, that is true but not the best approach for your clients who wants to lose fat while looking toned and yet functional in movement. While cardiovascular training burns more calories and strengthens your heart, it may hinder muscle hypertrophy. Meanwhile, resistance training builds muscle and hence increases your metabolism which contributes to fat loss. However, doing resistance training only will not help you to become faster.

大部分想减重的人都认为心肺训练能消耗足够多的卡路里，并进一步达到减脂效果。这个说法并没错，但是当你的客户在想减脂的同时，达到塑身并加强身体功能性，那心肺训练并不是最好的选择。心肺训练的确能够燃烧更多的卡路里并让心脏变得强壮，但它会阻碍肌肉肥大。与此同时，阻力训练能够增肌，增加新陈代谢，进而达到减脂效果。但是，只做阻力训练是不够的！

Well this workshop features a cutting-edge approach to strength training for fat loss, adapting benefits of both resistance and metabolic training. You will walk away with a 4 – 6 weeks progressive strength training program that allows your client to increase energy expenditure, builds muscle and preserve functionality.

通过这项课程，你将了解减脂肌力训练的前沿方法：结合阻力与代谢训练两者带来好处。您将获得为期4至6周的渐进式肌力训练计划，让您的客户提升能量消耗，增肌并保持功能。

### Course Highlights 课程亮点

- 4 – 6 weeks progressive strength training program for beginner, intermediate and advance clients  
适合初阶、中阶、高阶客户的4-6周渐进式肌力训练计划
- Featuring multiplanar exercises that builds functional strength and power  
利用多平面运动来建立功能性肌力与爆发力
- All-in-one: Using functional tools, free weights, machines and body weight exercises.  
训练组合包：功能性器材、自由重量、机械、以及自重运动

### Why Should You Consider This Course? 你为什么需要参与这项课程？

- You have clients who wish to lose fat yet preserve/gain muscle mass at the same time  
你的客户想在减脂的同时，维持或增加肌肉量
- You want to learn strength training exercises and finding the right intensity to help you in programming for clients who want to lose fat  
学习各种肌力训练，以及为您的客户找出适合的强度。

- You want sample strength training program that is suitable for clients of various fitness levels with fat loss goal  
适合不同体适能水平，并皆以减脂为目标的肌力训练方案范例

### **What Are The Topics Covered? 课程内容包含了哪些主题？**

- Benefits of Strength Training  
阻力训练的好处
- Strength Training Guidelines  
阻力训练准则
- Metabolic Strength Training  
代谢肌力训练
- Program Structure  
方案结构
- Mobilisation Drills  
灵活性训练
- Power Flow  
爆发力训练
- Strength Training Techniques  
阻力训练技巧
- Hypertrophy Circuit  
肌肥大循环
- Performance Circuit  
运动表现循环
- Isolated Muscle Group Training  
分离式肌群训练

## Who Will This Benefit? 这项课程适合谁？

- Fitness Professionals  
体适能训练专家
- Strength and Conditioning Professionals  
肌力与体能训练专家
- Fitness Enthusiasts\*  
健身爱好者\*

\*Note: to gain full benefits of the course, fitness enthusiasts should already have pre-existing knowledge and skills in resistance training and flexibility exercises. E.g. Names of exercises, muscles involved, techniques and how to put a workout session together (irregardless right or wrong).

\*注意：为了充分理解课程内容，健身爱好者需具备阻力训练和柔韧性动作的知识和技能。例如。动作的名称，涉及的肌肉，技巧以及如何安排训练课程（无论对与错）。

## Pre-requisite 参课条件

This course is designed for fitness professionals with existing resistance training experience who wish to learn how to design strength training program for clients with fat loss goal. Basic fitness instructing/personal training certification is recommended.

此课程专为想帮助客户通过阻力训练计划，达到减脂目标的体适能训练专家而设。建议事先获取基本体适能指导/私人教练证书。

## Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

## CEC Points 继续教育学分

ACE 1.6 CECs

## Course Duration 课程时长

16 hours (2 days)

16 小时 (2 天)

## Learning Materials 学习材料

Handouts, course manual and/or presentation slides  
讲义，课程教材和/或 PPT

## Awards 证书

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course completion  
全程参与课程与完成作业

## Grading Criteria 通过标准

Completion of course participation and assignment(s)

Fitness Edutraining Asia (FEA)

全程参与课程与完成作业

**Recertification 重新认证**

N/A

**Exam Fee 考试费用**

N/A

**Dress Code 着装规范**

Fitness attire

运动服装

**What Do I Need To Bring? 我需要带什么？**

Stationery and a spare change of clothes

文具和一套替换服装

**Course Capacity 课程人数**

A minimum of 12 pax and a maximum of 20 pax

至少 12 人，最多 20 人

**Language 语言**

English, Mandarin

英文，中文

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