

New Training Model to Work with Your Everyday Client **Make Your Strategies Applicable to Real-Life**

Course Overview

Discover the latest training & coaching model to effectively progress & lead your client to better function, health, fitness and better body composition

Course Highlights

- Resistance Training Exercise Progression Pyramid
- Fast Track Workout (yet safe) for Deconditioned Clients
- FEA Goal Based Training Model
- FEA A.C.T Model
- The Performance Pyramid

Course Objectives

- Understand the importance of fundamental in client programming
- Be able to progress and regress exercises
- Design progressive programming to the everyday clients
- Lead clients to better function, health, fitness and body composition

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course EduTrainer

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Founder of FEA & Managing Director of FITM

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE 0.1 CECs

Course Duration

90 minutes

Learning Materials

Electronic Materials

Fitness Edutraining Asia (FEA)



Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Laptop

Course Capacity

Unlimited

Language

Information displayed above is correct during time of publishing and may subject to change without prior notice