### **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**

Jerrican Tan, NSCA CSCS-CPT-CES, NASM CPT, ACE CPT-MES-HC-GFI-FNS Founder of FEA & Managing Director of FITM

#### **Course Provider**

Fitness Edutraining Asia (FEA)

#### **CEC Points**

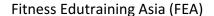
ACE 0.1 CECs

### **Course Duration**

90 minutes

## **Learning Materials**

**Electronic Materials** 



### **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

