

Body Transformation Specialist Level 3 体形改造专家（第三级）

More Tools for You to Maximize Muscle Growth
给你更多最大限度的增肌方法

Course Overview 课程介绍

More tools for graduates of body transformation specialist (Level 1 & 2) to work with clients during the off-season. It involves how to implement the off-season programming which includes hypertrophy, strength and metabolic programming for body transformation. You will be experience a deeper review into hypertrophy training variables so you will be able to manipulate your clients' hypertrophy better.

提供第一第二级体形改造专家，客户季后的训练方法。其中包含了体形改造的肌肥大，肌力，代谢训练。这课程将带领你深入体验，了解影响肌肥大训练的变量，让你高效的帮助客户达成肌肥大目标。

Course Highlights 课程亮点

- Premium muscle group workouts
肌群优质训练
- Nutrition strategies, training protocol and sample training programme for strength, metabolic, muscle and cutting cycle.
肌力代谢，肌肉与比赛期等阶段的营养策略，训练方法，与训练方案例子
- Find out if you should do cardio in the cutting phase. If you should, why? If you should not, why and what's the alternative?
了解是否需要在比赛期进行有氧？若是，为什么？若不是，为什么？有其他替代方案吗？

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

- Learn how to implement tried and proven advanced hypertrophy workouts to achieve better muscle stimulation by increasing mechanical tension, metabolic stress and muscle damage.
学习进阶肌肥大训练背后的实证科学，通过增加机械张力，代谢压力与肌肉损伤，来达到更好的肌肉刺激。
- Explore in detail resistance training variables which affect hypertrophy.
深入探索影响肌肥大的阻力训练变量
- Discover nutrition strategies, training protocol and sample training programme for strength, metabolic, muscle and cutting cycle.
针对肌力，代谢，肌肉与比赛期等阶段，了解其营养策略，训练方式以及训练课表例子。
- Learn how to modify variables of metabolic strength training to intensity fat loss and yet maintain muscle mass
学习调整代谢肌力变量，在维持肌肉量的同时，达到不错的减脂效果
- Find out if you should do cardio in the cutting phase. If you should, why? If you should not, why and what's the alternative?

比赛期该做有氧吗？了解肯定与否定答案两者背后的原因，以及替代方案。

What Are The Topics Covered? *课程包含了哪些主题？*

- Physiology of Hypertrophy
肌肥大生理学
- Resistance Training Variables in Hypertrophy
肌肥大阻力训练变量
- Premium Muscle Group Workout
肌群优质训练
- Periodization for Off-Season
季后周期化训练
- The Strength Block
肌力区块
- The Metabolic Block
代谢区块
- The Advanced Muscle Block
高阶肌肉区块
- The Cutting Block
比赛期区块

Who Will This Benefit? *这项课程适合谁？*

Those whom have completed Body Transformation Specialist Level 1 & 2
已完成第一与第二级的体形改造专家

Pre-requisite *参课条件*

You must attend Body Transformation Level 1 & 2 prior to Level 3
需先参与第一与第二级的体形改造专家课程

Course Provider 课程提供单位

Fitness Edutraining Asia (FEA)

CEC Points 继续教育学分

ACE 1.6 CECs, NASM 1.6 CEUs

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

全程参与并完成工作坊/课程后, 方能获取结业证书

Grading Criteria 通过标准

Completion of course participation and assignment(s)

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

文具与一套替换服装

Course Capacity 课程人数

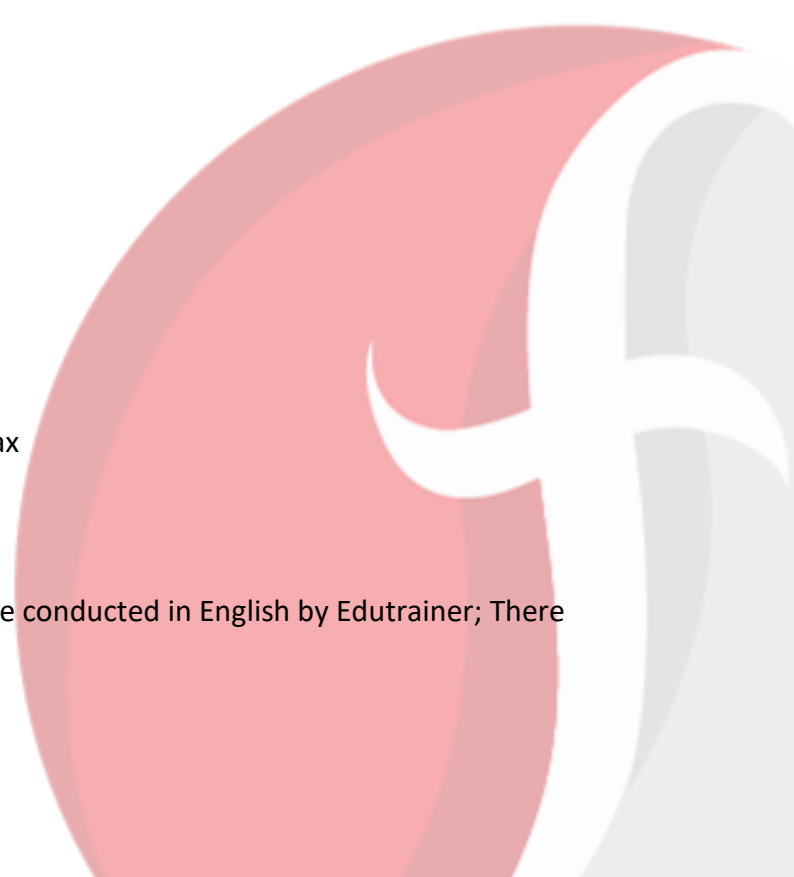
A minimum of 12 pax and a maximum of 20 pax

至少 12 人, 最多 20 人

Language 语言

English / Mandarin (Translation): Course will be conducted in English by Edutrainee; There will be live onsite Mandarin translation

Fitness Edutraining Asia (FEA)



英文 / 中文: 课程将由讲师以英语授课; 课堂现场会有中文翻译

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

以上资讯若有更动, 恕不另行通知。