

Strength Training for Fat Loss

Lose Fat, Build Muscle and Gain Performance Simultaneously

Course Overview

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.

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.

Course Highlights

- 4 – 6 weeks progressive strength training program for beginner, intermediate and advance clients
- Featuring multiplanar exercises that builds functional strength and power
- All-in-one: Using functional tools, free weights, machines and body weight exercises.

Why Should You Consider This Course?

- You have clients who wish to lose fat yet preserve/gain muscle mass at the same time
- You want to learn strength training exercises and finding the right intensity to help you in programming for clients who want to lose fat
- You want sample strength training program that is suitable for clients of various fitness levels with fat loss goal

What Are The Topics Covered?

- Benefits of Strength Training
- Strength Training Guidelines
- Metabolic Strength Training
- Program Structure
- Mobilisation Drills
- Power Flow
- Strength Training Techniques
- Hypertrophy Circuit
- Performance Circuit
- Isolated Muscle Group Training



Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals
- Fitness Enthusiasts*

*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).

Pre-requisite

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.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE 1.6 CECs

Course Duration

16 hours (2 days)

Learning Materials

Handouts, course manual and/or presentation slides

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?

Stationery and a spare change of clothes

Course Capacity

A minimum of 12 pax and a maximum of 20 pax

Language

English, Mandarin

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