

Body Transformation Specialist Level 1 & 2

Help Clients Gain Muscle and Lose Fat Safe & Effectively

Course Overview

Achieving an aesthetic physique seems to be getting immensely popular among high school kids, college students, corporate executives, dads and mums! Many of them look for personal trainers to help them achieve their goals, be it for self-improvement or competitive reasons, via a natural and healthy transformation programme.

Learn how to design and implement transformation programmes for clients based on internationally approved principles, combined with the exposure of various tried and proven strategies for better body composition, muscle size, proportion and muscularity.

Yes, it's both science and experience in this power-packed 3-day body transformation specialist course.

Course Highlights

- Receive Hands-on Coaching on How to Modify Exercise Techniques to Increase Muscle Tension
- Discover science, secrets of champions, both failed and proven strategies used to transform clients into their best physique of their lives
- Systematic Client Progression Plan and Nutritional Strategies (from beginner to advance) for Both Hypertrophy and Fat Loss
- Build Long Term Transformation Programme
- Find out what you can do on the last 12 weeks leading up to your best day
- Gain Insights and Receive Coaching on How to Strike Better Pose for Social Media and Aesthetic Competitions

Why Should You Consider This Course?

You are a fitness professional and want to help clients with body composition goals; gain lean muscle mass and lose body fat. Understanding that every client's body responds differently to each training and nutritional strategies, you want to ensure your programme is safe and effective. You are also looking for hands-on and face-to-face experience to sharpen your skills in a client's body transformation

What Are the Topics Covered?

- Understanding expectations for a better physique
- Exercise modifications for better muscle stimulation
- Science & strategies for hypertrophy and fat loss
- Transformation programmes for clients
- Posing techniques

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This course is designed for fitness professionals who wish to learn how to help clients with body composition goals; gain lean muscle mass and lose body fat. Basic fitness instructing/personal training certification recommended.

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

Level 1 & 2 : 2.4 CECs , Level 1 & 2: NASM 1.8 CEUs

Course Duration

18 hours (3 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

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

Fitness Edutraining Asia (FEA)



