

The Ultimate-10 Body Transformation Strategies

Transform: Lose Fat and Gain Muscle

Course Overview

Are you trying to help clients or yourself to transform your physique AND you want to do this drug-free? Have you been doing your own body transformation but not quite sure what is the best approach? Should you do moderate intensity cardio or HIIT to get your 6-pack? What's more important, intensity or volume? How many sets should you be training per muscle group, per session? Come and discover science, secrets and proven strategies used to transform clients into their best physique of their lives

Course Highlights

- Body Transformation Pyramid
- Latest and most updated scientific strategies of hypertrophy
- Fat Loss Strategies that Works!
- ...Jerrican makes everything so easy for you to understand!

Course Objectives

- Learn the process of body transformation through healthy eating habits and tried-proven hypertrophy & fat loss strategies
- Learn the variables of hypertrophy
- Discover long term fat loss strategies

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)

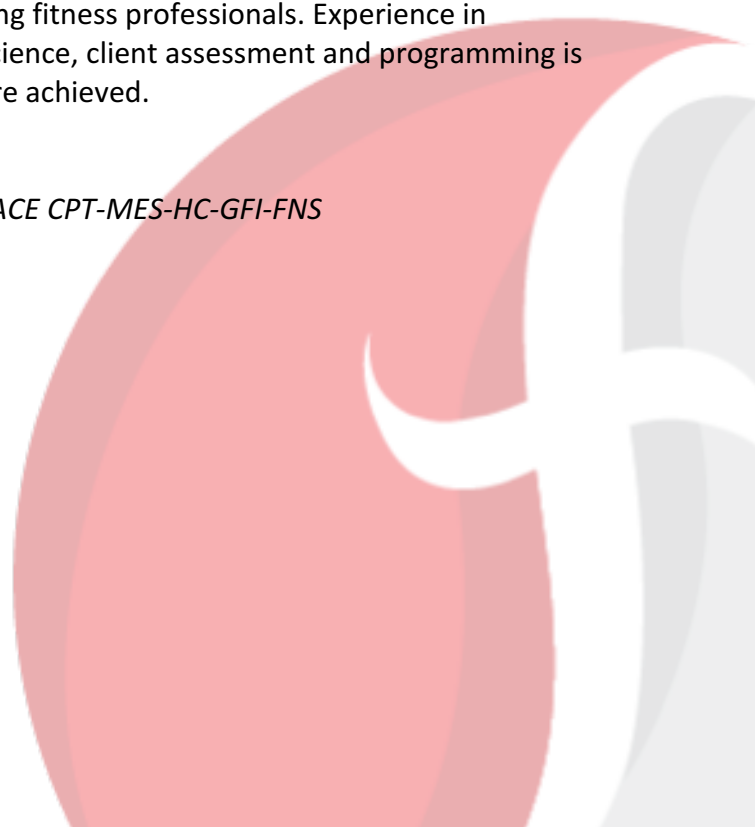
CEC Points

ACE 0.1 CECs

Course Duration

90 minutes

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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