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1. Programming Strategies to Build Lean Muscle

Presenter: Jerrican Tan, Managing Director/Founder & Edutrainer

FITM & FEA, Body Transformation Specialist

Audience: Fitness Professionals and Enthusiasts

Duration: 75 mins

Capacity: 95 pax

Fee: RM 39.90

Learn how to build lean muscle mass and progressively challenge your physique to continuously pack on more mass in this workshop. Discover the answers to optimal training frequency, repetitions, intensity and training volume for you as well gain insights on must have food to stimulate muscle growth! Suitable for both male and female.

Date & Time: 4 Jun 2021 (Fri), 8pm - 9.15pm

Register at : <https://fit.arlo.co/register?sgid=9d8c0dcc9c014f1ab861d2ca269d1f12>

2. Mission Impossible: Fat Loss

Presenter: Jerrican Tan, Managing Director/Founder & Edutrainer

FITM & FEA, Body Transformation Specialist

Audience: Fitness Professionals and Enthusiasts

Duration: 75 mins

Capacity: 95 pax

Fee: RM 39.90

What's the best exercise to lose belly fat? What should you eat to lose weight? What's the best diet for fat loss? "I have lost so much weight, but I still see fat around my belly. If those are your questions or questions from your clients and you want to know how to help yourself or your clients, join this workshop!

Date & Time: 5 Jun 2021 (Sat), 9am- 10.15am

Register at : <https://fit.arlo.co/register?sgid=2875423436484809951a73c18b67c2b2>

3. Top Exercises For Your Pregnant Clients Which You Don't Want to Miss

Presenter: Kim Boey, FEA Edutrainer, Group Fitness Specialist, Pre & Post Natal Exercise Specialist

Audience: Fitness Professionals and Enthusiasts

Duration: 120 mins

Capacity: 95 pax

Fee: RM 59.90

Find out the must have exercises which should be included into your client's programming during pre and post-natal. Learn how to perform and teach these exercises safe and effectively.

Date & Time: 6 Jun 2021 (Sun), 2pm - 4pm

Register at :

<https://fit.arlo.co/register?sgid=c43309376890412a9c29dda0b9a541f4>

4. Introduction to Personal Training Career

Presenter: Jerrican Tan, Managing Director/Founder & Edutrainer FITM & FEA, Body Transformation Specialist

Audience: People thinking of becoming a personal trainer

Duration: 75 mins

Capacity: 95 pax

Fee: RM 9.90

Do you love fitness? If you do, why not turn your passion into profession. This session provides you the insights of the personal training industry, how to become a successful personal trainer and discover what your future employers and clients will expect from you.

Date & Time: 11 June 2021 (Fri), 7pm - 8.15pm

Register at : <https://fit.arlo.co/register?sgid=0d8c41116b064ea7a2824ce9da2f122f>

5. Muay Thai Kickboxing : ONLINE COACH

Speaker: Zawen Anwar, FEA Edutrainer, Personal Trainer & Kickboxer

Audience: Fitness Professionals and Enthusiasts

Duration: 75 mins
Capacity: 95 pax
Fee: RM 39.90

This is an interactive Muay Thai kickboxing workshop that will educate you on the mechanics and methodology of teaching Muay Thai Kickboxing as a coach / instructor remotely. Learn the secret of an effective coaching cues in every kicking, punching, building an interesting combo and workout structures. At the end of this virtual workshop, you will be able to help clients on maximizing their results by creating safe and fun Muay Thai kickboxing session online.

Time & Date: 12 June 2021 (Sat), 11am - 12.15pm

Register at : <https://fit.arlo.co/register?sgid=74ae45e4e227412f9be088f5658b7064>

6. Weightlifting Fundamentals Level 1

Presenter: Jonathan Wong, FEA Edutrainer, Strength & Conditioning Specialist, International Masters Weightlifting Champion

Audience: Fitness Professionals and Enthusiasts

Duration: 75 mins
Capacity: 95 pax
Fee: RM 39.90

Looking to lift better? Achieve that by understanding the fundamental body positions for performing the classic Olympic lifts - the Snatch and the Clean & Jerk. This 60 minute workshop will cover the Squat and Overhead support positions; including mobility drills to achieve and maintain those positions. All you need is a PVC/wooden dowel and you are set!

Date & Time: 13 June 2021 (Sun), 4pm - 5.15pm

Register at : <https://fit.arlo.co/register?sgid=368085380edd4b4ebba7658b0090ed04>

7. Carbs, Protein and Fats 101

Presenter: Yeoh Ee Ling, FITM Chief Education Officer, FEA Edutrainer, Dietitian, Personal Trainer

Audience: Fitness Professionals and Enthusiasts

Duration: 120 mins

Capacity: 95 pax

Fee: RM 59.90

Carbs, Protein and Fats are macronutrients - nutrients your body needs in a large amount. They are essentially the key to eating better and having a healthy diet. In this workshop, you will be reintroduced to each of these macros by looking at 'what are they', 'why do you need them', 'how much do you need' and 'which are the best sources'.

Date & Time: 18 June 2021 (Fri), 7pm - 9pm

Register at :

<https://fit.arlo.co/register?sgid=45499f5e93a4465880eeb1a873003f03>

8. 5 Bodyweight Circuit Ideas For Online Group Fitness Sessions

Presenter: Simran Latif, FEA Edutrainer, Personal Trainer, Bootcamp Specialist

Audience: Personal Trainers

Duration: 75 mins

Capacity: 95 pax

Fee: RM 39.90

As a fitness coach, are you struggling to come up with workout ideas for your online sessions? Here are some proven bodyweight circuit ideas that will engage your clients and are super easy to teach through the camera. This will be a hands-on 1 hour online workshop where you will learn through movement.

Time & Date: 20 June 2021 (Sun), 11am - 12.15pm

Register at : <https://fit.arlo.co/register?sgid=a6f040cb46d84b3ca07d13bc1225dfc2>

9. Weightlifting Fundamentals #2 - The Snatch

Presenter: Jonathan Wong, FEA Edutrainer, Strength & Conditioning Specialist, International Masters Weightlifting Champion

Audience: Fitness Professionals and Enthusiasts

Duration: 75 mins

Capacity: 95 pax

Fee: RM 39.90

The Snatch - one of the two classic Olympic lifts and called the fastest barbell movement! Learn the basics and approach this explosive lift with confidence. This 75 minute workshop will ground participants in the positions and movement of the Snatch, including skill and mobility drills to achieve and maintain those positions. All you need is a PVC pipe/wooden dowel and you are set!

Date & Time: 20 June 2021 (Sun), 4pm - 5.15pm

Register at : <https://fit.arlo.co/register?sgid=0448a74ade4b4603880b2d8521f5b49c>

10. Top Exercises For Your Pregnant Clients Which You Don't Want to Miss

Presenter: Kim Boey, FEA Edutrainer, Group Fitness Specialist, Pre & Post Natal Exercise Specialist

Audience: Fitness Professionals and Enthusiasts

Duration: 120 mins

Capacity: 95 pax

Fee: RM 59.90

Find out the must have exercises which should be included into your client's programming during pre and post-natal. Learn how to perform and teach these exercises safe and effectively.

Date & Time: 26 June 2021 (Sat), 11am - 1pm

Register at :

<https://fit.arlo.co/register?sgid=31b403d411104f19baffa0f7bcaa8bb8>

11. Are you hitting the True HIIT or it is N-S-H-I-I-T?

Presenter: Kim Boey, FEA Edutrainer, Group Fitness Specialist, Pre & Post Natal Exercise Specialist

Audience: Fitness Professionals and Enthusiasts

Duration: 75 mins

Capacity: 95 pax

Fee: RM 39.90

Discover and experience TRUE HIIT and how to differentiate them with Not-So-High-Intensity-Interval-Training (NSHIIT).

Date & Time: 27 June 2021 (Sun), 11am - 12.15pm

Register at : <https://fit.arlo.co/register?sgid=2cd43778411b4affa15e2f4ac82898a5>

12. Programming Strategies to Build Lean Muscle

Presenter: Jerrican Tan, Managing Director/Founder & Edutrainer
FITM & FEA, Body Transformation Specialist

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Register at : <https://fit.arlo.co/register?sgid=d75ffc488ff449b2a990846ea608463f>

13. Mission Impossible: Fat Loss

Presenter: Jerrican Tan, Managing Director/Founder & Edutrainer
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Date & Time: 16 July 2021 (Fri), 7pm - 8.15pm

Register at : <https://fit.arlo.co/register?sgid=6f291834bf43404ab608125eaaea0217>

