

Hypertrophy and Fat Loss Workshop

Course Overview

Learn how get on a sustainable fat loss programme and how to progressively build lean mass in this workshop. Discover the answers to optimal training frequency, repetitions, intensity and training volume as well as gain insights on must have nutrition strategies to stimulate both muscle growth and fat loss!

What Are the Topics Covered?

- Exercise technique modifications to favour your target muscle (100% practical)
- Programme and Nutrition Strategies for Hypertrophy
- Sustainable Fat Loss Strategies (Exercise and Nutrition)

Who Will This Benefit?

- Fitness Enthusiasts with at least 6 months experience in hypertrophy programme

Course Provider

Fitness Edutraining Asia (FEA)

Course Duration

9am to 6pm

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 Course completion

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)

