

# Body Transformation Specialist Level 1 & 2

Hypertrophy and Fat Loss Strategies for Everyday Clients

## Course Overview

Achieving an aesthetic physique seems to be getting immensely popular among our everyday clients. Many of them look for personal trainers to help them achieve their goals via a natural and healthy approach. These clients need sustainable transformation programme instead of competitive strategies. Thus, strategies need to be realistic and fun for the everyday client.

On the other hand, competitive strategies lead clients to extremely low body fat percentage and high muscle mass which usually last for only a couple of weeks as well as prone to usage of performance enhancement substance. Personal trainers with competitive background should not entirely rely on their personal transformation experience in helping everyday clients to transform because sustainable transformation is very different from competitive transformation.

This course aims to provide personal trainers with a strong understanding on scientific evidence available in this field and a systematic approach to manage clients' body transformation programme in terms of building lean mass and losing fat based on scientific evidence and successful practices. The programme is built on the foundation of sustainability and adherence.

## Course Highlights

- Receive Hands-on Coaching on How to Modify Exercise Techniques to Increase Muscle Tension
- Muscle Group Exercise Analysis - Understanding Biomechanics and Role ("General", "Focused" or "Isolation")
- Science of Hypertrophy, Fat Storage and Fat Loss
- Systematic Programming for Hypertrophy and Fat Loss
- Long Term Programming - Preparation, Hypertrophy Phase, Fat Loss Phase and Maintainance
- How Female Menstrual Cycle Influence Training and Nutrition
- Building a 3D Gluteal Muscle

## 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, effective and sustainable. 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 analysis and modifications for better muscle stimulation and programming
- Science & strategies for hypertrophy and fat loss

- Long Term Programming - Preparation, Hypertrophy Phase, Fat Loss Phase and Maintainance
- How Female Menstrual Cycle Influence Training and Nutrition
- Building a 3D Gluteal Muscles

### **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 is recommended. It is highly encouraged that candidates have experience in body transformation prior to the course

### **Course Provider**

Fitness Edutraining Asia (FEA)

### **CEC Points**

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

### **Course Duration**

18 hours (3 days)

### **Learning Materials**

Digital course slide handouts

### **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

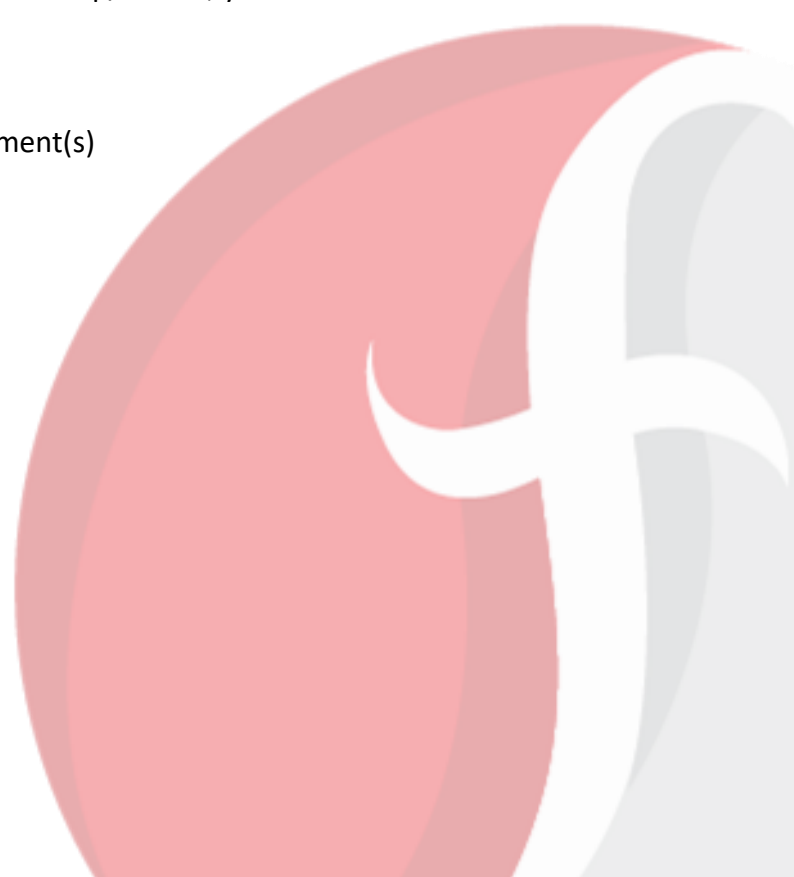
### **Dress Code**

Fitness attire

### **What Do I Need To Bring?**

Stationery and a spare change of clothes

Fitness Edutraining Asia (FEA)



**Course Capacity**

A minimum of 8 pax and a maximum of 25 pax

**Language**

English

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