

Hypertrophy Techniques and Programming Workshop

Course Overview

This workshop helps participants to learn evidence-based practices on how to manipulate training techniques and training variables in order to maximize muscle stimulation

What Are the Topics Covered?

- Variables of exercise techniques which influence muscle stimulation
- Hands-on experience on exercise technique modifications
- How to manipulate training variables (exercise selection, intensity, volume, and training frequency) to maximize muscle stimulus
- Experience sample programmes for beginner, intermediate and advanced

Who Will This Benefit?

- Fitness enthusiasts with at least 12 months of experience in resistance training, a fair command of English, and a college or university education will have an added advantage.

Course Provider

Fitness Edutraining Asia (FEA)

Edutrainer

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Founder and Chief Executive Officer of Fitness Innovations (Malaysia), the parent brand of FITM, FEA, and FEA Academy. FITM, based in Malaysia, and FEA Academy, with locations across Asia, are international training and development centres for fitness professionals. FEA specialises in providing internationally accredited fitness certifications and recognised continuing education courses.

Course Duration

9am to 5pm (1 day)

Learning Materials

Handouts, course manual and/or presentation slides

Grading criteria

This course does not include any formal evaluation or assessment components.

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Course completion

Recertification

N/A

Fitness Edutraining Asia (FEA)

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 6 pax and a maximum of 24 pax

Language

English

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