

# Muscle Hypertrophy: Exercise Techniques and Programming

## Course Overview

This full-day practical course equips personal trainers with **evidence-based tools** to design and implement effective hypertrophy training programs. Participants will learn **how to modify exercise techniques** and engage in **in-depth discussions** on manipulating resistance training variables for optimal muscle growth.

## Course Objectives/Highlights

- Receive Hands-on Coaching on How to Modify Exercise Techniques to Increase Muscle Tension
- Muscle Group Exercise Analysis - Understanding Biomechanics and Role
- Learn Science and Strategies of Hypertrophy

## Who Will This Benefit?

- Fitness Professionals
- Intermediate to Advanced Exercisers in Hypertrophy Training

## Pre-requisite

At least one year experience in resistance training for hypertrophy

## Course Provider

Fitness Edutraining Asia (FEA)

## CEC Points

ACE 0.6

## Course Duration

7 hours

## 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

**Course Capacity**

A minimum of 8 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

