

Personal Trainer Certification Course

TAKE ADVANTAGE OF THIS COURSE THAT WILL PROVIDE YOU WITH ADVANCED COACHING SKILLS FOR STRENGTH AND CONDITIONING TRAINING WITH HANDS-ON EXPERIENCE PLUS THEORY FOR DESIGNING A SPORTS SPECIFIC CONDITIONING PROGRAM. EARN A NATIONALLY RECOGNIZED CERTIFICATE AND USE THIS KNOWLEDGE TO BECOME A STRENGTH & CONDITIONING COACH OR PERSONAL TRAINER.

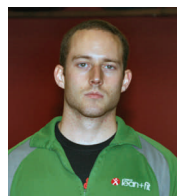
Course Presented By:



Tony Greco



Josh Shaver

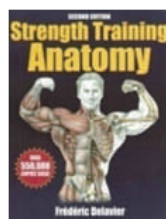
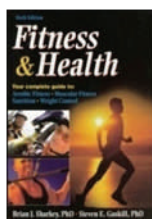


Brad Johnston

Topics Include

- Exercise Physiology & muscle types
- Basic guidelines for the resistance training of athletes
- Basic anatomy
- Program design and needs analysis
- Strength & Conditioning guidelines
- Energy systems & training phases
- Barbell & dumbbell exercise techniques
- Core, balance, plyometric and bodyweight training exercises
- Designing and executing a workout regime for both general fitness and sports specific training

Course Material Includes:



Also includes the
"Strength for Peak
Performance" manual

When/Time

Fri. Sept 17, 2010 (2pm-5:30pm)

Sat. Sept 18, 2010 (9am-12pm)

Sun. Sept 19, 2010 (9am-12pm)

Cost: \$549 + GST

Location

Greco Lean & Fit Barrhaven

Contact

(613) 825-0498