

# Body Transformation Specialist Level 3

More Tools for You to Maximize Muscle Growth

## Course Overview

More tools for graduates of body transformation specialist (Level 1 & 2) to work with clients during the off-season. It involves how to implement the off-season programming which includes hypertrophy, strength and metabolic programming for body transformation. You will experience a deeper review into hypertrophy training variables so you will be able to manipulate your clients' hypertrophy better.

## Course Highlights

- Premium muscle group workouts
- Nutrition strategies, training protocol and sample training programme for strength, metabolic, muscle and cutting cycle.
- Find out if you should do cardio in the cutting phase. If you should, why? If you should not, why and what's the alternative?

## Why Should You Consider This Course?

- Learn how to implement tried and proven advanced hypertrophy workouts to achieve better muscle stimulation by increasing mechanical tension, metabolic stress and muscle damage.
- Explore in detail resistance training variables which affect hypertrophy.
- Discover nutrition strategies, training protocol and sample training programme for strength, metabolic, muscle and cutting cycle.
- Learn how to modify variables of metabolic strength training to intensity fat loss and yet maintain muscle mass
- Find out if you should do cardio in the cutting phase. If you should, why? If you should not, why and what's the alternative?

## What Are The Topics Covered?

- Physiology of Hypertrophy
- Resistance Training Variables in Hypertrophy
- Premium Muscle Group Workout
- Periodisation for Off-Season
- The Strength Block
- The Metabolic Block
- The Advanced Muscle Block
- The Cutting Block

## Who Will This Benefit?

Those whom have completed Body Transformation Specialist Level 1 & 2

## Pre-requisite

You must attend Body Transformation Level 1 & 2 prior to Level 3



**Course Provider**

Fitness Edutraining Asia (FEA)

**CEC Points**

ACE 1.6 CECs, NASM 1.6 CEUs

**Course Duration**

16 hours (2 days)

**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 Workshop/Course completion

**Grading Criteria**

Completion of course participation and assignment(s)

**Recertification**

NA

**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 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