



# STANDARD COURSE FOR BECOMING A FITNESS & BODY BUILDING INSTRUCTOR

*Duration of the course at the training site: 28 / 35 hours*

- Presentation of the purpose of the course
- Theory of training
- Concept of maximum heart rate and Cooper formula with examples and implications of various heart rates
- Theory of practical part of exercises and reviews
- Practical section: shoulders/chest/back
- Training Schedule part 1
- Circuit workouts CFT-AAS-AC-PAC
- Training schedule part 2
- Practical section: abdominal, lumbar, arms
- Concept of intensity (2 techniques as stripping and rest breaks), tone, strength, relationship between load percentages, fibers and repetitions
- Training schedule construction
- Practical section: femoral, quadriceps, calves
- Introduction to theory and practice of static Stretching
- Macro and micro nutrients Concepts. Mediterranean diet and other food philosophies
- Written Test and elaborate correction
- Practical and oral Examination

