

# 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.

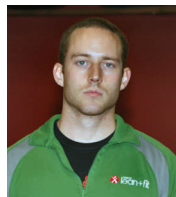
## Course Presented By:



Tony Greco



Josh Shaver



Brad Johnston

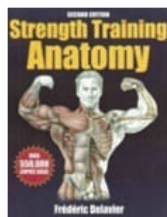
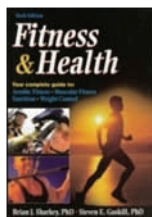


Dr. Craig Hazel

## 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. Jan 29, 2010 (2pm-6pm)  
Sat. Jan 30, 2010 (9am-12pm)  
Sun. Jan 31, 2010 (9am-12pm)

**Cost:** \$549 + GST

### Location

Greco Lean & Fit OAC

### Contact

(613) 825-LEAN