

## **Course Titles**

Note: All topics can be modified to be 1 – 4 hours in length. Live or recorded.

1. Foundations of Upper Body Strength Training.
2. Strength Training for Obesity.
3. Cardiovascular Training for Obesity: A New Approach to Steady-State Training.
4. Functional Training for Obesity.
5. Foundations of Full-Body Conditioning.
6. Master the Squat: Stronger, Better, Safer.
7. Hip Hinge Exercises for Performance.
8. Biomechanics of Assisted Stretching.
9. Combined Fitness for Weight Loss.
10. Bodyweight Training: Foundational Movements and Programming.
11. Concurrent Training to Build Endurance and Muscle.
12. Over 70, How Much Resistance is Enough?
13. Maximize Training Results with Rest and Recovery Tools.
14. The Science of Repetition Speed: Tempo Training for Effective Workouts
15. Maximize Post-Exercise Metabolism Benefits.
16. Harnessing Exerkines for Smarter Exercise Prescription.
17. Muscle Performance Metrics for Documentation and Justification.
18. Understanding Clients Through Qualitative Assessment.