

Level III Personal Trainer

PRESENTED TO

VAISHAK I.R

DOMAIN TOPIC

- Basics of IFT MODEL
- Cardio-Respiratory & Resistance Training
- Transforming the client into a regular exerciser
- Client Personal Training
- Pre-participation Health Screening
- Resting Assessments and Anthropometric Measurements
- Cardiorespiratory Training: Physiology, Assessments and Programming
- Scope of personal trainer
- Muscular Training: Assessments



Category : Certified fitness trainer
Member ID : GFA/CC03110244



CEO
Yasin Hassan

