

# BEYOND

FITNESS *Academy*

## Certified Personal Fitness Trainer **Silver Level**

**6 seminar days:**

**150 USD**

1. Sports anatomy
2. Best exercises with machines, equipment, body weight and stretching exercises
3. Program design
4. Sports science theory
5. Nutrition (basics of nutrition, recommendations for common training goals)
6. Marketing and sales

Drinks and lunch included.



At the end of the course there will be a written exam.  
**You will then receive you certificate:  
Certified Personal Fitness Trainer (Silver Level)**

## Certified Personal Fitness Trainer **Gold Level**

**6 seminar days:**

**300 USD**

1. Functional anatomy & physiology
2. Coordination skills and functional training
3. Weight loss: training and nutrition
4. Advanced age training and nutrition
5. Bodybuilding training methods and nutrition
6. Cardio training methods and nutrition
7. Assessment and physical therapy

Drinks and lunch included.



At the end of the course there will be a written exam.  
**You will then receive you certificate:  
Certified Personal Fitness Trainer (Gold Level)**