Course Information Sheet

Course Title: High Intensity 300

Course Description:

If you are tired of the same old workouts and less-than-spectacular results, you’ll be excited to know you’ve found the remedy to your situation. In fact, you’ve found 300 of them! High-Intensity 300 is the ultimate workout guide. Featuring 300 of the most effective and challenging workouts, it’s packed with programs that push you to your limit and maximize results. Each workout includes detailed instruction, photos, and training tips as well as variations for types of equipment and difficulty level. Best of all, each workout is designed to be completed in 30 minutes. Challenge yourself with a different workout each day, or take a more focused approach and target goals, such as increasing muscle mass, shedding fat, or maximizing performance. And just when you think you’ve done it all, High-Intensity 300 finishes with 40 of the toughest workouts. Pulling together the most intense movements, exercises, and sequences throughout the book, this series of 30-minute challenges is for serious warriors and extreme athletes only.

Learning Objectives:

1. Understand the definition of intensity and exercise density, and how it is applied to high-intensity interval training

2. Be able to explain excess post-exercise oxygen consumption.

3. Learn and be able to apply two benchmark workouts that are designed to assess someone’s current level of fitness, as well as the need for additional assessments during the course of the exercise program.

4. Understand basic rules to train by, such as correct form, dynamic warm-ups, choosing the correct load, the amount of effort, and appropriate recovery intervals.

5. Learn the correct form and common mistakes for the eight fundamental movements, including the hip hinge, squat, overhead press, chest press, chin-up, row, crunch and plank.

6. Know how to recognize the symptoms of overtraining.

7. Understand the nutritional components, which will yield the greatest muscular development.

8. Learn the appropriate technique for a variety of dynamic and static stretches.

9. Be able to demonstrate a variety of workouts designed for ultimate fat loss.
10. Learn the appropriate dynamic stretches for the warm-up and static stretches for the cool-down for each ultimate fat loss workout.

11. Learn appropriate regressions and progressions for each ultimate fat loss workout.

12. Be able to demonstrate and describe the featured exercise in each ultimate fat loss workout.

13. Be able to discuss a variety of workout and fitness tips that are presented with each workout, such as circuit training, correct form, different types of equipment, progress assessment, and more.

14. Demonstrate a variety of workouts designed for getting stronger.

15. Learn the appropriate dynamic stretches for the warm-up and static stretches for the cool-down for each getting stronger workout.

16. Be able to demonstrate and describe the correct technique for each featured exercise in the getting stronger workouts.

17. Explain a variety of workout and fitness tips for each getting stronger workout, such as proper form, depth jumps, the functionality of the deadlift, flexibility issues for an overhead press, the metabolic impact of power exercises, and more.

18. Be able to demonstrate and explain a variety of workouts designed for targeted muscle builders.

**Target Audience:** Beginner/Intermediate/Advanced

**Schedule and Format:** Self-paced home study

**Fees:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy:** After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.
Instructor/Author Credentials:

Dan Trink is the director of training operations at Peak Performance in New York City, where he trains a full roster of clients and athletes. He also sits on the advisory board for *Men’s Fitness* magazine in the category of sport performance.

Trink is a certified strength and conditioning specialist (CSCS), the highest level of certification bestowed by the National Strength and Conditioning Association (NSCA), and is a USA Weightlifting (USAW) sport performance coach. He also earned a level 3 certification from the Poliquin International Certification Program, an honor reserved for trainers who have coached athletes at the national championship level and have placed in the top 10 percent at their events.

A member of the International Society of Sports Nutrition, Trink was among the first group to receive the Precision Nutrition Sports and Exercise Nutrition Certification and is a modulation practitioner for BioSignature, a nutrition and lifestyle approach that optimizes hormonal balance in clients and athletes.

Trink has published articles and has been cited as a source for leading health and fitness websites and magazines, including *Men’s Fitness, Greatist, T-Nation, Livestrong, Bliss Tree*, and *Refinery 29*. His name has appeared in the Huffington Post and other general media outlets.

Trink also coaches for the Personal Trainer Development Center (PTDC), an international organization whose mission is to improve the quality of the personal training industry. As a network expert, he provides approval and verification for articles submitted to the *Greatist* health and fitness website.

Trink was responsible for the strength and conditioning program of middleweight boxer Matthew Macklin in preparation for his WBO title fight held in March 2012 at Madison Square Garden. He has also worked with 2012 NBA All-Star Roy Hibbert and countless international-level jiu-jitsu practitioners and mixed martial arts fighters.

A featured presenter on nutrition and strength training at the corporate and international levels, Trink has specialty certifications in TRX suspension training system, FMS (functional movement screen), DVRT functional integrated movement, and Dynamax medicine ball training.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

Sponsors: N/A