Course Information Sheet

Course Title: Muscle Mechanics, 2nd Ed

Course Description:

Obtain optimal muscle gains using superior technique! Muscle Mechanics will teach you how to train for strength, definition, and muscle size using 65 of the most effective exercises covering all the major muscle groups. By combining full-color anatomical illustrations and expert technical guidance, this book will help you better understand how to properly target specific muscles by using the most efficient alignment, positioning, and lifting technique for each exercise.

Three programs for base strength, full-body fitness, and advanced split routines show how to combine the exercises into progressive strength programs. And by varying intensity, volume, recovery, and exercise sequencing, you can design customized programs for reaching both immediate and long-term training goals.

Learning Objectives:

1. Relate anatomical function of the body to optimal exercises specific to the needs and goals of a client
2. Define and differentiate between the body's active vs. passive systems
3. Recognize general movement patterns and how specific exercises target desired muscle groups for those patterns
4. Identify the muscular subsystems and the important roles each has for proper movement
5. Differentiate between benefit and risk for different exercises based on needs, goals, and abilities of a variety of clients
6. Identify proper motion path, alignment, positioning, and balance for each exercise
7. Recall proper cueing for a variety of exercises and list modifications as necessary
8. To properly design and arrange a program or routine with correct incorporation of exercise variables such as frequency, intensity, time, volume, recovery, and sequence

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
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:

Everett Aaberg has been both a teacher and practitioner of resistance training for more than 15 years. He is currently the director of fitness services and co-owner of the TELOS Performance Center in Dallas, Texas. A highly sought international presenter and consultant, Aaberg provides continuing education services for several fitness organizations and health clubs around the United States. He also serves as an instructor for the Cooper Institute, where his books are used for two of their most popular courses, The Biomechanics of Resistance Training and Optimal Performance Training.

Aaberg has been a certified personal trainer through some of the most highly accredited organizations in the United States, including American Council on Exercise (ACE), American College of Sports Medicine (ACSM), and National Academy of Sports Medicine (NASM). He is also a certified strength and conditioning specialist through the National Strength and Conditioning Association (NSCA). Aaberg was recognized as an IDEA Personal Trainer of the Year and has been regularly selected by industry and trade magazines as one of the top trainers in the country.

Aaberg holds a bachelor's degree in exercise sciences and recreation management with continuing education in exercise physiology, anatomy, kinesiology, biomechanics, and nutrition. He was a collegiate academic All-American in football and has won several state and national powerlifting championships and bodybuilding titles, including Amateur Athletic Union (AAU) and National Physique Committee (NPC) Mr. Colorado titles and the Mr. Junior America title. Aaberg lives in Dallas, Texas, and trains at the TELOS Performance Center.

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

Sponsors: N/A