Course Information Sheet

Course Title: Optimal Muscle Training

Course Description:

This riveting course will teach you how to understand that muscular imbalances are the root of muscle pain, muscle weakness and poor performance. Learn how to help your client function at 100% efficiency while minimizing injury. DVD included. Course includes soft-cover textbook, separate testing booklet and free, instant grading. Softcover, 121 pages.

Learning Objectives:

1. Understand an in-depth and educational review of effective treatments for weight training dysfunctions.

2. Identify the biomechanics of lifting for maximum growth and strength.

3. Recognize the three levels of functional muscle testing through screens and exams.

4. Understand the proper technique for over 100 exercises on various body parts.

5. Identify single joint and multi-joint compound exercises.

6. Recognize corrective training techniques, flexibility and strength exercises for optimal results.

7. Know the qualitative and quantitative scoring system to identify muscle dysfunctions.

8. Easily understand and identify all of the muscles functions during exercise.

9. Understand about pain free symmetrical strength while performing various weight training exercises.

10. Learn the protocols to determine an individual’s level of functionality for advanced strength training.

11. Identify the best isometric agonist –antagonist exercise and tubing exercises.

12. Recognize how to create a well-designed training program despite any limitations or injuries.

13. Understand the exact needs of refueling your muscles after strength training.
14. Identify the differences and advantages of exercise duration, and the number of training days per week to ensure training success.

15. Understand the specific roles of adenosine triphosphate as the primary source of fuel for the muscles.

16. Know how to determine the risk to benefit ratio of specific weight training exercise techniques.

17. Recognize structural aberrations such as scoliosis and the solutions required to design the programs needed for body alignment compensation.

18. Understand active PNF, and how normal neurological firing patterns occur through a dynamic range of motion under tension.

**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:**

Ken Kinakin is a certified strength and conditioning specialist, a chiropractor, and a certified personal trainer. He has competed in bodybuilding and powerlifting for more than 20 years. He regularly lectures across Canada, the United States, and Europe to doctors, therapists, and personal trainers on weight training, rehabilitation, and nutrition. He has lectured at NSCA, was Can-Fit-Pro's Canadian Presenter of the year, and presents regularly for rehabilitation and certification seminars. Kinakin is on the Canadian Powerlifting Medical Committees. He maintains a clinic with a rehabilitation and training center in Mississauga, Ontario, where he treats everyone from the general public to world champions. Kinakin is founder of the Society of Weight-Training Injury Specialists (SWIS), which educates and certifies doctors, therapists, and personal trainers in the area of exercise muscle testing, rehabilitation, and treatment of weight training injuries. See their Web site at www.swis.ca.

**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