Course Information Sheet

Course Title: **Strong & Sculpted**

Course Description:

*Strong & Sculpted* will help you deliver results and maintain them. The four-phase program takes you from where you are to where you want to be, then keeps you there. You’ll start by building an essential foundation for muscle development, then progress to more targeted sculpting and shaping. As you evolve, so will your plan. You’ll find variations, new exercises, and workouts as you progress through the advanced and peak physique phases. To ensure you get the most out of your workout, *Strong & Sculpted* relies on 117 exercises proven most effective for shaping and defining the lower body, shoulders, arms, and torso. In addition to step-by-step exercise instruction and full-color photos depicting proper technique, you’ll find advice on reps, pacing, and optimal performance of each movement. You’ll also learn to incorporate cardiorespiratory training and the mind-to-muscle and visualization techniques proven to enhance your results.

Learning Objectives:

After completing this course, the participant will be able to:

**After completing this course participants will be able to:**

1. Learn the phases used to achieve a strong and sculpted body.
2. Dispel the myth of spot reduction.
3. Learn how to integrate functional training into a sculpting routine.
4. Understand the principles of volume, frequency, intensity, loading, and rest.
5. Understand the different categories of overtraining.
6. Discover a variety of exercises for the shoulders and arms.
7. Understand how to categorize shoulder and arm exercises based on planes of movement and joint utilization.
8. Understand how to categorize lower body exercises based on joint utilization.
9. Discover a variety of exercises for the torso.
10. Distinguish between a general warm-up and a specific warm-up.
11. Understand when to utilize each type of warm-up.
12. Discover the cause of muscle soreness.
13. Learn the two basic strategies used to carry out cardio programming and how to employ each to obtain desired results.
**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:**

**Brad Schoenfeld, CSCS, CPT,** is widely regarded as one of America’s leading fitness experts. He is the owner of the exclusive Personal Training Center for Women in Scarsdale, New York. Schoenfeld is a lifetime drug-free bodybuilder who has won numerous natural bodybuilding titles, including the All Natural Physique and Power Conference (ANPPC) Tri-State Naturals. Schoenfeld is the author of seven fitness books, including *Sculpting Her Body Perfect, 28-Day Body Shapeover,* and the best-seller *Look Great Naked* (Prentice Hall Press, 2001). He is a columnist for *FitnessRX for Women* magazine, has been published or featured in virtually every major women’s and fitness magazine (including *Cosmopolitan, Self, Marie Claire, Fitness,* and *Shape*), and has appeared on hundreds of television shows and radio programs across the United States. He also serves as the fitness expert contributor on diet.com and diet-to-go.com. Certified as a strength and conditioning specialist by the National Strength and Conditioning Association and as a personal trainer by both the American Council on Exercise and the Aerobics and Fitness Association of America, Schoenfeld was awarded the distinction of master trainer by the International Association of Fitness Professionals. He is also a frequent lecturer on both the professional and consumer levels.

**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