Course Information Sheet

Course Title: Woman’s Home Workout Bible

Course Description:

This course will reveal the secrets for the perfect home-based workout. Step by step, you’ll identify home gym workouts for your clients' fitness goals, schedule, and budget. You’ll learn how to set up your client's personal gym space for as little as $100, while offering plenty of variety, with bands, balls and free weights. To get you started, there are 12 four-week programs for conditioning, sculpting, and core stability, plus three levels of fat-burning cardio workouts. You'll also get expert advice, exercise tips, and answers to the questions your client always ask. 319 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

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

1. Develop an understanding of setting up a home workout area based on space and budget.
2. Understand how to best use your home workout space to accommodate desired equipment.
3. Learn ways to make your home workout space more motivating and comfortable.
4. Learn how to prioritize equipment needs based on available budget.
5. Understand the benefits and drawbacks to bodyweight training.
6. Understand the benefits to stability ball and resistance band training.
7. Learn proper positioning, range of motion, and exercise tips for bodyweight, stability ball, and resistance band exercises for the upper body, lower body, and core.
8. Understand the benefits of incorporating barbells and dumbbells into your workout program.
9. Understand proper positioning, range of motion, and exercise tips for barbell and dumbbell exercises involving the upper body, lower body, and core.
10. Understand how to choose the correct type of multifunction machine that accommodates your specific needs in your home workout area based on space and budget.
11. Learn which additional attachments for a multifunction machine are the most useful.
12. Understand proper positioning, range of motion, and exercise tips/ variations for multifunction machine exercises for the upper body, lower body, and core.
13. Develop an understanding of the benefits to cardio equipment including the treadmill, stationary bike, elliptical, and rowing machine.
14. Understand the basics of passive stretching.
15. Learn static stretches for the chest, shoulders, upper back, abs, triceps, biceps, quadriceps, hip flexors, hamstrings, glutes, and calves.
16. Develop an understanding of setting a SMART goal.
17. Learn the basics of warming up, pre-training nutrition, progressive overload, proper form, routine variation, and appropriate recovery.

18. Learn the anatomy of the major muscle groups.

19. Be able to follow an ultimate body conditioning program.

20. Be able to follow an ultimate body sculpting program.

21. Be able to follow a program for ultimate core stability.

22. Be able to follow an ultimate fat loss program.

**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