

Program Title:
How to Look Better on the Beach

COURSE DESCRIPTION:

Ready to build strength and feel stronger from head to toe? Join us for the How to Look better on the Beach webinar featuring a full-body workout designed to target key muscle groups, including the abdominals, back, biceps, calves, and hamstrings. This session showcases a variety of exercises that can be performed with minimal equipment while also highlighting gym classics! Participants will learn proper exercise techniques, modifications, and ways to challenge themselves as they build strength and endurance to look better on the beach.

This course provides an evidence-based approach to understanding body sculpting components. Whether you're new to strength training or looking to add variety to your current routine, this webinar will give you practical exercises you can use anytime, anywhere.

Learning Objectives:

After viewing "**How to Look Better on the Beach**", you will be able to:

- Explain the components of body sculpting
- Outline the rest intervals for various strength training modalities
- List exercises for specific target areas
- Discuss training principles for abdominal definition
- Modify power training exercises to meet the needs of diverse populations.

Target Audience: Fitness Professionals, Strength and Conditioning Specialists, ATs, PTs, PTAs, LMTs.

Schedule and Format: Self-paced recorded webinar.

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three-day window. All books must be returned in saleable condition. That's it. No questions asked.

Course Developer and Presenter Credentials:

Mike Deibler, MS, CSCS

Mike is the owner of Premier Training, a private personal training studio located in San Diego, CA. He is also the founder of "My Workout Creator" an online exercise programming system. Mike is a Certified Strength and Conditioning Specialist (NSCA-CSCS) with a BS in Kinesiology from the University of Connecticut and an MS in Exercise and Sport Sciences from the University of Florida at Gainesville. A former All American in Track and Field for the University of Connecticut, Mike combines his success in the athletic world with his extensive education to become an elite fitness consultant and mentor for newly certified personal trainers. As a personal trainer and Boot Camp leader, Mike has helped hundreds of individuals reach their full fitness potential. Specializing in program design for athletes, functional training, and fat loss training for busy executives, Mike is also a certified personal trainer through ACE and NASM and he teaches Exercise Science at San Diego State University. Mike is our Education Director; he joined our faculty in 2008.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A