

## Course Information Sheet

**Course Title:** Big and Bold: Strength Training for the Plus-Size Woman

**Course Description:** This ground-breaking new course does not use weight loss as your heavy client's ultimate goal: it emphasizes why strength training is a means to better health and improved quality of life and that success for heavy women is not tied to a number on the scale. This empowering book offers clear and simple instructions on how to safely modify 83 exercises to make them safer and more effective for larger bodies. You'll focus on mastering the primal exercises: Squats, lunges and hip-hinges, as well as upper-body pushes, pulls and rotations. Learn how to prioritize your client's goals and discover why some exercises are considered to be more important than others. You'll appreciate the sample workouts for beginner through advanced-level clients and you'll love the crisp, clear, detailed photographs that support the text. 183 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

### Learning Objectives:

After completing the Big and Bold: Strength Training for the Plus-Sized Woman course, the participant will be able to :

1. Explain the different types of strength
2. Discuss proper goal setting strategies
3. List needs for individuals to embark on the first steps of a fitness journey
4. Explain how to perform squat and hinge movements
5. Explain how to perform upper-body push and pull exercises
6. Identify core exercises that do not require one to be on the ground
7. Explain how to perform loaded carries
8. Compare and contrast rotation and anti-rotation movements
9. Identify what programming methods make the most sense for creating a comprehensive and individualized workout plan.
10. Distinguish between beginner, intermediate, and advanced exercises.

**Target Audience:** Beginner/Intermediate/ Advanced

**Schedule and Format:** Self-paced home study

**Registration Fees:** See our website for details: [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 and ask for a full refund. Just notify us within the three day window and then return the book to use in saleable condition. That's it. No questions asked.

### **Instructor/Author Credentials**

**Morit Summers** has been a personal trainer since 2007, defying industry standards with her abilities and inclusive approach. She holds a bachelor of science degree in exercise science and kinesiology along with many certifications, including NSCA-CPT and CrossFit Level 1. Summers began her career at the State University of New York at Cortland. At Equinox Fitness, she progressed to a Tier 3+ trainer and began teaching classes of new personal trainers.

In 2016, she launched her own business: Morit Summers Personal Training. She is also co-owner of FORM Fitness Brooklyn. Clients range from individuals just beginning their fitness journeys to seasoned athletes. Aside from personal training, she is an expert fitness consultant. She has been featured in *Shape* and *Health* magazines and on LiveStrong.com; the *Good Day New York* TV show; and various health and fitness podcasts and campaigns, including Lane Bryant's LIVI Moves and Calia by Carrie Underwood's #StayThePath.

**Contact Hours/CEUs/CECs:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A