

Webinar Information Sheet

Webinar Title: "High Intensity Interval Training"

Course Description: If you believe that there is no such thing as spot reduction of body fat, think again: Research shows that high intensity interval training (HIIT) preferentially burns belly fat first, making high intensity interval training is the ultimate fat-loss tool. Explore how to design interval programs that accelerate fat loss by harnessing the power of the afterburn. This eye opening class will revolutionize your cardio programming!

Learning Objectives:

- After viewing this webinar, you will be able to:
 - Explain EPOC
 - Explain lactate, ventilatory, and psychological thresholds
 - Describe the training variables associated with interval programs
 - Describe the difference physiological systems (glycogen, phosphagen, and aerobic)
 - Compare different high intensity interval progressions

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

Schedule and Format: Self-paced recorded webinar.

Registration Fees: \$20.00

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 by email within that three day window and provided you have not generated your continuing education certificate we will issue a full refund. That's it. No questions asked. (Once you have generated your CE certificate you can not cancel the order.) ***Remember that all webinars must be viewed in the year they were purchased!***

Course Developer Credentials:

Chris Marino, M.S., CSCS

Chris is a strength and conditioning specialist in private practice in the metro Philadelphia area. With almost 10 years experience in all aspects of fitness Chris specializes in training clients with chronic orthopedic conditions and those who have been released from physical therapy following joint replacement, surgery or injury. Chris is the owner of "Marino's Body Shop," a

personal training management company located in southeastern PA specializing in Boot Camps for different fitness levels. Chris is certified by the NSCA, ACSM, and ACE and is experienced in functional training, core conditioning and advanced exercise techniques for athletes and recreational athletes. Chris joined our faculty in 2001.

Course Presenter Credentials:

April Boulter, MS

April has a diverse background in personal training, aquatics, group fitness, boot camp and yoga. She has two Master's Degrees: one in Public Health from the University of Illinois/Chicago, and another Master's Degree in Sports Management from the University of Arkansas. April has a passion for using fitness and proper eating habits as the foundation for sustainable lifestyle change. As the Fitness and Aquatics Center Coordinator at Loyola University in Chicago, IL, April works with a mix of students and faculty as well as community residents to design and implement effective training programs in a variety of land and water-based applications. At Loyola, one of April's main responsibilities is to plan and organize the annual "Welcome Week Event" for over 2000 Freshmen per year, to emphasize proper nutrition and consistent activity to overcome the dreaded "Freshman Fifteen." A popular boot camp instructor, April is certified by ACSM, ACE, AFAA, and YogaFit and is also a certified Lifeguard and CPR Instructor. April joined our faculty in 2009.

Contact Hours/CEUs/CECs: *Please visit our website for the most up-to-date continuing education awards.*

Sponsors: N/A