

Course Information Sheet

Course Title: JC's Total Body Transformation

Course Description:

If you're ready to transform your body and perfect your athletic skills, then this is the book for you. Based on solid exercise science principles and tested with thousands of clients, JC's Total Body Transformation gives you over 110 workouts that can be plugged into any training plan right now to transform your body, improve your athletic performance, build strength and endurance, and produce the results you want. This text also addresses recovery technique and nutritional interventions that will support your transformation journey.

Author JC Santana has spent over 30 years working with professional and collegiate athletes, weekend warriors, and serious strength and fitness clients, and he's developed hundreds of workouts that are proven to work. You won't get a lot of fluff here: You'll get an introduction on how to use these workouts, an explanation of why JC's training philosophy works, instructions on how to coach the workouts, and his simple philosophy on assessment and progressions—and then the rest is all workouts. Check out what's packed inside these pages:

- More than 110 ready-to-use workouts for body transformation, strength, and endurance
- Nutrition tips to help torch fat and build muscle
- Suggestions for faster recovery
- Bonus workouts from industry giants in athletic performance, bodybuilding, and physique competition
- Tips on using multiple pieces of equipment—including barbells, dumbbells, and medicine balls—to target different muscles and add variety
- Equipment suggestions and reviews

Learning Objectives:

After completing this course participants will be able to:

1. Recognize the importance of repetition and the basics when it comes to exercises
2. Demonstrate an understanding of sound scientific principles when perfecting the basics that have been shown to be successful over time.
3. Implement repetitive basic concepts that are very effective
4. Comprehend the "skill vs will" concept and implement it into workouts
5. Recall methods of incorporating meditation into training

6. Apply the Spiriemotion in and out of training in order to use mindful physical training
7. Evaluate and design workouts with repetitive basic patterns of movement so that the client is able to engrain the pattern into the CNS.
8. Design programs for body transformation for all areas
9. Select appropriate exercises for athletic movement improvement such as jumping, speed, and agility
10. Select appropriate exercises for athletic endurance while discussing different metabolics for upper, lower and total body
11. Compose plans for recovery incorporating nutrition and movement.

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.exercisetc.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:

Juan Carlos "JC" Santana, MEd, CSCS,*D, has authored 17 books and manuals and produced over 70 DVDs. He has published more than 300 articles, many in peer-reviewed journals such as the NSCA's *Strength and Conditioning Journal*. His texts have been used internationally in over 20 universities.

Santana is the founder and director of the Institute of Human Performance (IHP) in Boca Raton, Florida. For the last 17 years, IHP has been consistently recognized as one of the top training facilities in the world and the best core-training facility in the United States. His IHP certification system has certified over 10,000 trainers worldwide in over 15 countries, including more than 200 Olympic coaches in China and South America. His IHP mentorship program has welcomed over 400 fitness professionals from over 20 different countries.

Santana has been part of the strength and conditioning programs for several Florida Atlantic University sports teams for over two decades. He was responsible for the strength and conditioning programs for men's basketball, men's and women's cross country and track and field, women's volleyball, and men's and women's swimming.

Santana is a Certified Strength and Conditioning Specialist with distinction (CSCS,*D) and a fellow (FNCSA) of the National Strength and Conditioning Association (NSCA). He is also certified as a health fitness instructor by the American College of Sports Medicine. In addition, he is a certified senior coach and club coach course instructor with the U.S. weightlifting team and a USA Track and Field level I coach.

Santana has served two terms on the NSCA board of directors. For eight years, he was the sport-specific conditioning editor for the *NSCA Journal*. His professional responsibilities have included serving as NSCA's vice president, chairman of the NSCA Coaches Conference, a member of the NSCA Conference Committee, and NSCA state director for Florida. As a college adjunct professor, he has taught strength and conditioning at Florida Atlantic University (FAU). An FAU graduate with bachelor's and master's degrees in exercise science, Santana is involved in several ongoing research studies with numerous universities and is working on his PhD in exercise physiology.

Founded in 2001, IHP provides an unparalleled training environment for elite athletes, including Olympic athletes in a variety of sports; world-class tennis champions; NFL, NHL, and MLB players; world champion Brazilian jujitsu and mixed martial arts fighters; numerous NCAA Division I teams; and hundreds of nationally ranked teen hopefuls from a cross-section of sports. IHP also handles delicate spinal rehab cases as well as serving the local community gym.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A