

## Course Information Sheet

### Course Title: Strength Training for Fat Loss

**Course Description:** Who needs a treadmill? This course will show you how to use the 3 Cs of metabolic strength training (circuits, combinations, and complexes) to accelerate your client's metabolism, maximize fat loss, and increase muscle. You will discover more than 150 exercises using barbells, dumbbells, resistance bands, machines, and body weight and learn a step-by-step process for sequencing the most effective fat-loss circuits, combinations, and complexes. You will also learn innovative warm-up and cool-down exercises that include stretches and self-massage techniques. 280 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

### Learning Objectives:

- After completing this course, you will be able to:
  - Define metabolic training.
  - Explain the 3 Cs of metabolic training.
  - Describe the nutritional needs to maintain muscle.
  - List the necessary steps of a warm-up and cool-down.
  - Perform a variety of stretches to activate muscles.
  - Describe a variety of self-massage techniques to restore muscles.
  - Explain a variety of exercises using barbells and dumbbells.
  - Describe a variety of exercises using resistance bands and body weight.

**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**

**Nick Tumminello** is the owner of Performance University International, which provides strength training and conditioning for athletes and educational programs for trainers and coaches all over the world.

As an educator, Tumminello has become known as the trainer of trainers. He has been named 2016 NSCA Personal Trainer of the Year by the National Strength and Conditioning Association. He has presented at international fitness conferences in Norway, Iceland, China, and Canada. He has been a featured presenter at conferences held by such organizations as the IDEA Health & Fitness Association, the National Strength and Conditioning Association, and DCAC Fitness Conventions, along with teaching staff trainings at fitness clubs throughout the United States. Tumminello holds workshops and mentorship programs in his hometown of Fort Lauderdale, Florida. He is the author of *Building Muscle and Performance: A Program for Size, Strength & Speed* (Human Kinetics, 2016) and *Strength Training for Fat Loss* (Human Kinetics, 2014), has produced more than 20 instructional DVDs, and is the coauthor of the National Strength and Conditioning Association's *Program Design Essentials* and *Foundations of Fitness Programming*. Tumminello is also a continuing education course provider for the American Council on Exercise, the National Academy of Sports Medicine, and the National Strength and Conditioning Association.

Tumminello has been a fitness professional since 1998 and co-owned a private training center in Baltimore, Maryland, from 2001 to 2011. He has worked with a variety of exercise enthusiasts of all ages and fitness levels, including physique and performance athletes from the amateur to the professional ranks. From 2002 to 2011, Tumminello was the strength and conditioning coach for the Ground Control MMA fight team and is a consultant and expert for clothing and equipment companies such as Sorinex, Dynamax, Hylete, and Reebok.

Tumminello's articles have appeared in more than 50 major health and fitness magazines, including *Men's Health*, *Men's Fitness*, *Oxygen*, *Muscle Mag*, *Fitness Rx*, *Sweat Rx*, *Status*, *Train Hard Fight Easy*, *Fighters Only*, and *Fight!* Tumminello is also a featured contributor to several popular fitness training websites. He has been featured in two New York Times best-selling exercise books, on the front page of Yahoo and YouTube, and in the *ACE Personal Trainer Manual*. In 2015 Tumminello was inducted into the Personal Trainer Hall of Fame.

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

**Sponsors:** N/A