



Nov 9th, 2010

FitnessPro presents Life Fitness Academy 2010

Place:

- **Day 1** : Cairo Marriott Hotel (El- Zamalek)
Banquet room: Amonasro
- **Day 2** : Gold's Gym Mohandeseen (18 Dimashq Street)

Date & Time:

- December 11th , 12th & 13th from 10 AM till 6 PM

Courses Details: All workshops are LFA Certified Courses

First day: Two Theoretical workshops (Arabic interpretation provided).

(A) Basic: Personal cardio training – The latest research for fitness, fat loss and cardio training principles.

	Basic
10 – 11.30	Personal cardio training for fitness, fat loss and health
	Scientific support for most optimal methods
	Which type of training is best for fat loss?
11.30 – 11.45	Break
11.45 – 1.15	New tools and practical applications of the theory

(B) Advanced: weight training, functional & HRM.

	Advanced
2.30 – 4.00	The latest trends in weight training – This session looks at the concepts of express, circuit and concurrent training, what the research says and how to apply it.
4.00 – 4.15	Break
4.15 – 5.45	The research behind functional training – This session reviews the research into functional training and looks at how to incorporate it into your clients programs

Second day: 10:00 AM – 6:00 PM

- Practical training basic – Personal cardio training applied – This session will have the trainers gaining a greater understanding of the machines and variables that they can use in fun and effective client program design. We will look at a variety of fitness tests, some of which provide relative measures and some quantitative.

Third day: 10:00 AM – 6:00 PM

- Practical training advanced – Advanced functional training workshop, multi planar programming using the latest machines, accessories and free weights.
- Some trainers will complete some practical workouts and we will review the impact that whole body functional training has on heart rate response. All the trainers will participate in the workshop of program design.

* Please bring your **Polar HRM**; it will be needed .Or you can buy your choice of HRM at 40% discount if you joined **Polar Fitness Ambassador** program.

Instructor:

Life Fitness Academy International Master Instructor: **Gavin Aquilina**

- Gavin has worked in the fitness industry for the past 18 years, with experience as an owner, manager, personal trainer and instructor. Worked with Life Fitness for the past 7 years as their Life Fitness Academy international master trainer, he is also the director of AIHF a Sydney based fitness industry consultancy.
- Gavin's role as the International Master Trainer for the Life Fitness Academy has seen him work as the course developer for their international physiology, biomechanics and personal training modules. He has consulted, presented at conventions and completed personal training workshops in more than 40 countries covering every continent.

Prices:

- Full Package for the two days including the four workshops: **1200 EGP**
- Basic workshops + certificate (1½ day) : **700 EGP**
- Advanced workshops + certificate (1½ day) : **700 EGP**
- Special Discount for groups over 5 attendees: 20% discount.
- LFA 2008 certificates holders: 30% discount.



For more information and registration please contact:

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