



World Governing Body
for Weight Training Instructors

The Certificate in

Advanced Weight - Training & Kinesiology

Subjects will include:

- *The ABC's of Training*
- *Making Every Set & Every Rep count!*
- *Major factors which make or break a workout*
- *The 3 possible outcomes from a training programme*

Learn the functions of all the body's major muscle groups:

- *Agonists - Antagonists - Fixators & Synergists*
- *Know which secondary muscles are used during exercise*

Free advice is always
available to WABBA
Members

Training Strategies & Techniques

- *Learn Advanced Training Strategies used by professionals*

Kinesiology

- *Learn how to analyse every main exercise used in the gym environment by carrying out in-depth muscle analysis*

Course Assessment

The Portfolio

- *Impress Prospective Employers With A Showpiece Exercise Principles Folder*
- *Complete an Online Test*

CALL THE HOTLINE TODAY

08450 - 941 - 941

