MODULE 5

Fat Loss or Hypertrophy 2-day Essentials Workshop

The Module 5 Workshops have been designed as an interactive experience allowing the attendees to implement the information and apply the knowledge they have gained throughout the Mentorship.

The key focus will be in challenging the attendee to fully understand the components in each of the modules. Certification success in TMP will not be based on one final exam but by continuous assessment throughout this module, coaching skills, training technique, program writing will all be evaluated, along with an live interview with the course instructor. Material covered on this module will be programming and nutritional intervention. There will be 2 training sessions per day .

Topics in both workshops include:

- Nutritional Medicine Profiling for Fat Loss/Hypertrophy
- Recovery Essentials for Maximal Results
- Various Training Methods
- Peri-Workout Nutrition for Continued Success
- Injury Prevention, Periodization and Supplement Tips and Tricks

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Course topics and order may be changed at anytime