



**21<sup>st</sup> CENTURY**  
PERSONAL TRAINING SCHOOL

**WEIGHT/FAT LOSS  
WORKSHOP**

**21st CENTURY PT SCHOOL**

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For years the health and fitness industry, medical research and scientific research has debated and experimented with the issue of weight and fat loss. This has led to an immense amount of confusion within the public sector and also among exercise professionals as to what source of information is correct, what are the facts behind that source of information, were adequate case studies carried out, was the evidence assessed by an independent party etcetc. Henceforth, the area of exercise prescription and nutrition prescription where weight and fat loss is concerned, is so diversified and controversial, that in order to increase their status and enhance their profile/reputation, many exercise professionals have resorted to taking short cuts to achieve success with their clients. These methods such as extreme training schedules combined with very low calorie diets are potentially extremely dangerous to the clients health and well-being and can lead to severe health issues if such methods are pursued so a long period of time.

During this workshop we will give you the secrets and the facts that are necessary to achieve weight and fat loss safely and effectively with high quality training methods and good leadership. Remember we are working in the health and fitness industry, the "HEALTH" part comes first!

# Weight/Fat Loss Workshop

## **Establishing Factors That Lead To Weight Gain and High Fat Percentage:**

- 1) Clients position
- 2) Clients body structure
- 3) Additional Equipment
- 4) Body Abnormalities
- 5) Eradicate bad habits
- 6) Start basic then build up
- 7) Breathing!
- 8) Variety
- 9) Simple is best
- 10) Dont be afraid to touch

## **Breaking Habits:**

- 1) Develop good routines
- 2) Increase self emotions
- 3) Good planning and structure
- 4) Time management
- 5) Increase awareness of circumstances

## **Quick Fix or Long Term Solution:**

- 1) Emphasize the need for the client to work towards the long term.
- 2) Discuss the pros and cons of low carb diets, excessive training programs.
- 3) Promote the use of a good nutritionist.
- 4) Always be available for counselling and motivation meetings with your client
- 5) Send regular sms, email and mms contact with your client.

# Weight/Fat Loss Workshop

## The Secrets Revealed:

- 1) Duration of program?
- 2) How many sessions per week?
- 3) How many minutes per session?
- 4) How much cardio per session?
- 5) How much strength training per session?
- 6) How many reps per set?
- 7) How many sets per muscle group?
- 8) How many reps per session?
- 9) How many exercises per session?
- 10) How much core per session?
- 11) What type of cardio?
- 12) What type of strength training?
- 13) What type of core?
- 14) What equipment do I need?
- 15) ALWAYS monitor results consistently!

Program Example and Program Execution:  
Practical with students.



*We at 21st Century PT School hope that this workshop has been of benefit to you, we hope that you continue to further your education in the areas of health, sport and fitness with 21st Century PT School and wish you all the best with your future plans, educations and successful careers.*