



TAKE PART IN THE CATALYST FITNESS EXAM PREP COURSE

NASM, PTA GLOBAL, ACE, NSCA, AND ACSM COMPRISE THE GROUP OF ORGANIZATIONS OFFERING THE TOP FIVE PREEMINENT MEDICALLY RECOGNIZED AND ACCREDITED CERTIFICATIONS. HAVING THE NASM-CPT CERTIFICATION WILL DISTINGUISH YOU FROM AVERAGE TRAINERS. THESE PRINCIPLES OF FITNESS TRAINING ARE BASED WHOLLY UPON THE SCIENCES: FUNCTIONAL ANATOMY, PHYSIOLOGY, AND BIOMECHANICS AND INCLUDES THE MOST ADVANCED AND ESTABLISHED METHODS OF EXERCISE PROGRAMMING.

CATALYST FITNESS INVITES YOU TO ENROLL IN OUR NASM-CPT CERTIFICATION PREPARATORY COURSE. IN THIS COURSE, BILL WILL PRIME YOU FOR SUCCESS AND COACH YOU IN THE CRITICAL PRINCIPLES OF TRAINING ENDORSED BY NASM, INCLUDING THE OPTIMUM PERFORMANCE TRAINING MODEL, THE ESSENTIALS OF INTEGRATED TRAINING, AND THE CUTTING-EDGE RESEARCH AND PRACTICAL APPLICATION OF FUNCTIONAL TRAINING

SUCCESS ENTAILS NOT ONLY EXCELLING ON THE NASM EXAMINATION, BUT ALSO THE THOROUGH APPLICATION OF THESE PRINCIPLES INTO YOUR TRAINING REPERTOIRE. **OBTAINING CERTIFICATION THROUGH NASM WILL PREPARE YOU TO SUCCESSFULLY DESIGN SYSTEMATIC AND PROGRESSIVE EXERCISE PROGRAMS FOR CLIENTS OF ALL LEVELS AND GOALS. THIS NEW FOUND KNOWLEDGE AND UNDERSTANDING WILL ENABLE YOU TO SELECT THE APPROPRIATE ACUTE VARIABLES TO PROGRESS CLIENTS EFFICIENTLY TO THEIR GOALS.** NASM AND CATALYST FITNESS PROVIDE THE EDUCATION, GUIDANCE, AND HANDS-ON APPLICATION YOU NEED TO BECOME AN EXPERT TRAINER AND LEADER IN THE FIELD OF HEALTH AND FITNESS.

INCLUDED IN THE NASM EXAM PREP COURSE ARE THE FOLLOWING RESOURCES:

- NASM STUDY GUIDE WRITTEN BY BILL SONNEMAKER, MS, PES, CES, CSCS
- DYNAMIC AND EFFECTIVE INSTRUCTION
- HANDS-ON TUTORING AND GUIDANCE
- COMPREHENSIVE REVIEW MATERIALS AND POWER POINT PRESENTATIONS PREPARED BY ATLANTA'S #1 FITNESS EDUCATION TEAM, CATALYST FITNESS

YOU WILL BECOME PROFICIENT IN THE FOLLOWING OVER THE COURSE OF 12 WEEKS:

- THE SCIENTIFIC RATIONALE FOR INTEGRATED TRAINING
- BASIC EXERCISE SCIENCE
- THE CARDIO-RESPIRATORY SYSTEM
- THE SCIENCE OF HUMAN MOVEMENT
- FITNESS ASSESSMENTS
- FLEXIBILITY TRAINING CONCEPTS
- CARDIO-RESPIRATORY TRAINING CONCEPTS
- CORE TRAINING CONCEPTS
- BALANCE TRAINING CONCEPTS
- REACTIVE TRAINING CONCEPTS
- SPEED, AGILITY, AND QUICKNESS TRAINING CONCEPTS
- RESISTANCE TRAINING CONCEPTS
- PROGRAM DESIGN CONCEPTS
- TRAINING SPECIAL POPULATIONS
- NUTRITION
- SUPPLEMENTATION
- BEHAVIOR MODIFICATION
- PROFESSIONAL DEVELOPMENT

FOR ADDED CONVENIENCE,
THIS COURSE IS ALSO
AVAILABLE ONLINE!

LOCATION: CATALYST FITNESS: 2233 PEACHTREE ROAD, ATLANTA, GA 30309
TIME: THURSDAYS AT CATALYST FITNESS, 12:00 PM – 1:30 PM
DATE: CLASSES FORMING NOW
INVESTMENT: \$699
REGISTER TODAY: BY EMAILING INFO@CATALYSTFITNESS.COM

VISIT US ONLINE TODAY TO LEARN MORE ABOUT THIS OPPORTUNITY AND TO ENROLL.
WWW.CATALYSTFITNESS.COM