



CHEK Seminars: Program Design

A seminar about choosing reps, sets, loads, tempo and rest periods. The wisdom of four great conditioning specialists is brought together in this one-day seminar.

Paul Chek has combined his knowledge with that of Charles Poliquin, Kim Goss and Jerry Telle to teach you the science and skills of effectively managing acute exercise variables. Whether you are a fitness professional, strength coach or rehabilitation specialist, this is a mandatory seminar for designing exercise programs that really work.

From the contents

- * Select optimal rep/intensity zones to achieve any desired outcome
- * Calculate repetition/intensity correlations
- * Determine how many sets are optimal for developing optimal strength
- * Understand the science and application of tempo
- * Select the optimal rest period length for any exercise, in any loading zone
- * Understand basic periodization concepts

FACTS

Instructor: Paul Chek

Date: 3/4 2009

Place: Eleiko Sport Center, Halmstad, Sweden

Price: 1.900 SEK excl. VAT (approx. 173 EURO)

REGISTRATION

Please contact Eleiko Sport by e-mail or phone:

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Program Design is one of the prerequisite courses/seminars for CHEK Exercise Coach Certification.