



2 Days to Fitness

The Most Effective, Most Efficient Way to Shed Fat and Get in Shape

Jump start your Personal Trainer Certification Program

Your students learn the fundamentals of exercise, nutrition, anatomy and physiology. They also know how to improve cardiovascular performance, strengthen muscles and enhance endurance. What they don't learn is how to improve their chances of success in the workplace. By adding 2 Days to Fitness to your curriculum, your graduates will have real-world practical knowledge they can put to use in any fitness career they pursue.

**with a cutting-edge
curriculum from a
35-year fitness
industry veteran**

Seminar basics

- Explains the distinct differences between training for athletic performance and training for weight loss and general fitness
- Demonstrates how to avoid awkward, uncomfortable and often embarrassing exercises that actually drive clients away
- Focuses on the keys to developing a successful training program that delivers instant successes for the client and the trainer
- Dispels myths related to traditional cardio and aerobic workouts
- Explains the real science behind fat storage, protein synthesis and calories burned

Key benefits

- Heightens the value of your certification program
- Provides graduates with insider knowledge that can lead to greater success in the marketplace
- Addresses the time issue of exercise most clients face
- Assists with program design and sequencing to maximize results
- Strategies to create a lasting, professional relationship with clients and generate referrals
- Offers marketing tips to boost career and build a solid reputation

Instructor

Rick Bramos has more than 35 years of experience as a fitness coach, including time as a trainer for the U.S. Army. He is co-developer of the 2 Days to Fitness program that brings a scientific approach to weight loss, cardiovascular conditioning and muscle strengthening. His work on how foods affect hormones has been published in a national magazine. He is also the author of *2 Days to Fitness*, a book that addresses bio-chemical glitches that can slow metabolism and impede weight loss. In addition to being a former bodybuilder and powerlifter, Rick is a certified aerobics, cycling and bodypump instructor. He also has a background in biochemistry and functional medicine.