

*image
not
available*

Strength and Conditioning for the Modern Gladiator, Juan Carlos Santana, Intocombat, 0977759695, 9780977759699, . .

DOWNLOAD [HERE](#)

Encyclopedia of Muscle & Strength , James Stoppani, 2006, Sports & Recreation, 399 pages. This reference and training guide provides descriptions and examples of 277 exercises for 11 different muscle groups, explaining the proper techniques and providing a timeframe

Serious Strength Training , Tudor O. Bompá, Mauro G. Di Pasquale, Lorenzo Cornacchia, 2012, Health & Fitness, 355 pages. Describes exercises for building muscles, explains the proper nutrition needed for weight training, and provides a six-phase workout program..

Athletic Development The Art & Science of Functional Sports Conditioning, Vern Gambetta, 2007, Sports & Recreation, 299 pages. 'Athletic Development' covers all aspects of training from sports analysis and athlete evaluation to building speed, power and strength. It examines how theories and practices

Youth Strength Training Programs for Health, Fitness, and Sport, Avery D. Faigenbaum, Wayne L. Westcott, 2009, Education, 235 pages. SUPERANNO Leading experts Avery Faigenbaum and Wayne Westcott guide you in developing safe, effective, and enjoyable training programs for ages seven to eighteen. Advice will

Strength Training for Young Athletes , William J. Kraemer, 2005, Sports & Recreation, 288 pages. The former president of the National Strength and Conditioning Association offers an authoritative guide to designing safe, effective training programs for 24 of the most

Supertraining , Yuri V Verkhoshansky, Mel C Siff, 2009, , 590 pages. The shock method * The development of adaptation process during the long term sport activity * The "compensatory adaptation" * Current Adaptive Reserve of the human organism

Athletic Body in Balance , , , , . .

Manly Weight Loss For Men Who Hate Aerobics and Carrot-Stick Diets, Charles Poliquin, L. L. Dayton, Jun 1, 1998, , 80 pages. Humorous, yet highly informative. The program is innovative, using weight training to achieve weight loss without the loss of lean muscle tissue..

Track and field coaching manual coaching techniques and guidelines formulated by the Athletics Congress' Olympic Development Committee, Athletics Congress (U.S.). Olympic Development Committee, Jul 1, 1981, Sports & Recreation, 208 pages. .

Designing Resistance Training Programs , Steven J. Fleck, 2004, Health & Fitness, 377 pages. In this updated, revised, and expanded third edition of Designing Resistance Training Programs, two of

the world's leading experts on strength training explore how to use

The poultryman's handbook a convenient reference book for all persons interested in the production of eggs and poultry for market and the breeding of standardbred poultry for exhibition, International Correspondence Schools, 1920, , 346 pages. .

Science And Practice of Strength Training , Vladimir Mihajlović Zaciorskij, William J. Kraemer, 2006, Education, 251 pages. This edition examines fundamental concepts and principles practitioners need to understand in order to make decisions on what might be appropriate in the programme design for

Juan Carlos "JC" Santana designed his world renowned Institute of Human Performance (IHP) to train and educate the best. At his IHP, JC has trained the best combat warriors the world has ever seen, from MMA superstars to elite military and special operations units. Strength and conditioning professionals from all over the world also come to IHP to learn and experience JC's training systems. However, it is hard for many to ever make the pilgrimage to IHP in Boca Raton, Florida to see JC and his staff in action. With this reality in mind, JC listened to the requests of his students, athletes and colleagues and created the first combat strength and conditioning certification system ever created. This certification system specializes in the Strength and conditioning for the Modern Gladiator, coincidentally the name of JC's best selling combat training book.

Finally! There is a Functional Training Specialist Diploma Course being offered by someone who has earned the academic credentials, has authored more than 60 titles, has been on the international lecture circuit for 10 years, has created his own fitness facility from the ground up and who TRAINS PEOPLE EVERY DAY!

Juan Carlos "JC" Santana's Institute of Human Performance (IHP) Functional Training Specialist Diploma Course provides today's fitness professional with the most advanced and practical information in the fitness industry. Whether you work in rehabilitation, in athletics, with youths, with seniors, train one-on-one, or train in groups, the IHP Functional Training Specialist Diploma Course will simplify everything and teach you real-world training techniques!

In response to the great demand we have received from my clients, customers, friends, and colleagues, we have decided to design a Functional Training Specialist Diploma Course that provides REAL TIME functional training philosophy, systems, methods, and techniques. The decision to embark on this intense educational journey was not been easy. For many years we have trusted the major organizations to certify fitness professionals and provide them with the latest information on training. Although these certification organizations do a great job of at providing basic education and certifying fitness professionals, most certifications are behind the times on providing cutting edge, practical applications.

Having been involved in the best certification processes in the fitness industry, we understand the strengths and weaknesses of the current certifications offered to fitness professionals. Some certifications put such a heavy emphasis on traditional academic knowledge and scientific data that they lag on the practical aspect of performance enhancement and personal training methods. Sometimes being "science-based" means you are behind the times by 10-15 years. Other certifications are designed by therapists who are trying to turn everyone else into therapists. As anyone that has gone through physical therapy can attest to, therapy and personal training are nothing alike "so why should the education be? Finally, other certifications are designed by people who have never owned a gym, have never coached or trained anyone, and "in some cases" have never exercised a day in their lives. In my opinion, if you have not lived it, you can't teach it! So who are you, as a personal trainer, going to trust? You are going to trust an organization who speaks specifically to your needs, your wants, your fears, your strengths, your challenges, your triumphs, and your world. IHP is that organization and JC Santana is that person, the one who feels what you feel, sees what you see, and works how you work!

If you want to sound or act like a doctor or a therapist, this certification is NOT for you. However, if you want to finally get a great understanding of the principles, philosophy, systems, methods, and techniques of functionally training, then the Functional Training Specialist Diploma Courses are what you want. We believe in conceptualizing powerful training systems but delivering them in a simple format. Our approach to teaching is simple: Learn the basics so well that they will give you a clear understanding of the complex. After all, the complex is made up of the basics.

The Functional Training Specialist Diploma Courses teach the IHP Training systems powerful yet simple program. However, this course is NOT for the beginner and we recommend you obtain a major level certification before taking my IHP Functional Training Certifications. There are several organizations providing high-level, accredited certifications, including the National Strength and Conditioning Association (NSCA), Can-Fit-Pro, American Council on Exercise (ACE), American College of Sports Medicine (ACSM), and the National Academy of Sports Medicine (NASM).

The IHP Functional Training Instructor (FTI) is an 8 hour course. The FTI Certification comes directly from my Functional Training: Breaking the Bonds of Traditionalism book and DVD. This certification covers the basic concepts of functional training, introduces five functional modalities, and introduces the student to the fundamentals of IHP's Hybrid training programming. Upon successful completion the student is awarded the IHP Functional Training Instructor DIPLOMA.

The IHP Personal Trainer (PT) course comes directly from our Functional Training: Breaking the Bonds of Traditionalism book and DVD. This course covers major concepts of functional training, such as the history, the functional training environment, evaluation techniques, driving functional movement, functional modalities, and basic program design. Upon successful completion of this course the student is awarded the IHP Functional Training Personal Trainer DIPLOMA. Students having advanced knowledge of functional training may take the PT course without completing the FTI course.

The IHP Performance Coach (PC) course comes directly from the Essence of Program Design book and covers the IHP Hybrid periodization model. This course reviews and expands on our 4-Pillars of Movement Model, how it relates the biomechanics of modern living, and how it is integrated into IHP Training System. Case studies and more advanced programming concepts are illustrated, discussed, and applied at this level. Upon successful completion of this course the student is awarded the IHP Functional Training Performance Coach DIPLOMA. In order to sit for the PC course, successful completion of the PT course is mandatory.

The IHP Personal Trainer and IHP Performance Coach Functional Training Certifications are advanced 16-hour (9am-5pm), 2-day courses. These two certifications are recommended for students who have been certified by major organizations and have had 2-5 years experience in the fitness field as personal trainers or coaches. The information covered in these certification is more advanced and the student is expected to know the foundational information discussed in the IHP Instructor Course.

The exam process for all IHP Functional Training Specialist Courses consists of a 40-question written exam that lasts approximately 50 minutes, and a 15-question applications exam administered via a 25-minute video. The total running time of the exam is approximately 80 minutes. The questions are a combination of true and false and multiple choice designed to test recall, analysis, and application abilities. This testing format was selected to eliminate tester bias and is the testing format of choice with top certifying organizations such as the NSCA.

Once the student completes the FT and PC certifications they are awarded with the IHP Functional Training Specialist Diploma. Upon successful completion of these courses the student will have all of the information necessary to train just about anyone and help their clients reach just about any goal. These courses will teach fitness professionals all the techniques needed come Monday morning when they are training in the trenches with the rest of us.

JC Santana holds a master's degree in Exercise Science from Florida Atlantic University (FAU).

He has completed 3 years of postgraduate work at the University of Miami (UM) and FAU and is now pursuing his doctoral degree. Santana has published scientific research and articles in several peer review journals, and more than 100 of his articles have been published in popular trade magazines. As an athlete and a coach, Santana has studied performance enhancement techniques for the last three decades and has spent the last 35 years researching and developing training techniques that have revolutionized fitness. His 55 DVDs and 14 books have made him one of the most prolific authors of our times and his international 35-city annual tour testifies to his dedication and far-reaching influence in the fitness field.

MMA is the fastest growing sports right now and the need for a sophisticated training system is mandatory is essential to success. However, few MMA strength and conditioning coaches and athletes have the time to go back to school and get a 4-year degree in exercise science and then get the practical experience needed to optimally combine theory and practice. For this reason JC Santana has developed the MMA Certified Strength and Conditioning Coach certification. This course is a 16-hour (9am-5pm), 2-day course that combines JC's 30 plus years of practical experience and his 20 years of formal education into one program. Now, the MMA coach and athlete can learn complex training systems in a simple, easy to understand format! The course content includes the philosophy, systems, methods, and protocols JC has develop over the last 30 years. Topics include combat biomechanics and energy systems, program design, nutrition, supplementation, weight cutting, and restoration strategies. A significant portion of this course is devoted to hands-on learning designed to imprint the information into the experience of the coach and athlete.

Strength and Conditioning for the Modern Gladiator brings you JC's 35 years of martial arts training and study. This book is the book used for his MMA Certified Strength and Conditioning Coach certification (Level I and II), which is the ONLY MMA Strength and Conditioning course adopted but a Division I University. Florida Atlantic University, Boca Raton, Florida, is the first university in the world to make Strength and Conditioning for the Modern Gladiator part of an Exercise Science Curriculum. JC Santana is the professor for that course and Strength and Conditioning for the Modern Gladiator is the text for that course.

Strength and Conditioning for the Modern Gladiator examines the sport and demands of MMA. This text starts with an analysis of the traditional myths and fallacies of combat sports. Also covered are the movement requirements of combat and how the five functional modalities are used to develop combat functional strength. The book ends with a comprehensive periodization, planning and programming section. This book has everything you need to train a combat athlete – especially a MMA athlete.

Connie belongs to canfitpro's team of PRO Trainers (professional trainers) across Canada, who instruct and certify Personal Trainer Specialist; and Nutrition and Wellness; candidates. Canfitpro is an industry leader in affordable, attainable, and high-quality fitness certification. Recognized across Canada and around the world.

With rates of overweight and obesity rising steadily in Canada and increasing evidence linking excess fat and inactivity to health problems we knew it was time to provide fitness professionals a new way to work with their clients. canfitpro is very excited to announce that our newest certification program, Nutrition & Weight Loss Specialist, will be available this Fall! We have collaborated with the best nutrition authors to provide you cutting edge content that is delivered in a straight forward manner so you can confidently help clients make better choices, more often, lose weight, and lead healthier lives! This new program features online education, an eManual, and a live course with a PRO TRAINER providing you everything you need to help your clients be successful.

Our current Nutrition & Wellness Specialist (NWS) certification will be honoured until the end of 2014 at which time it will become a certificate which no longer requires CECs for validity. The new Nutrition & Weight Loss Specialist certification is not replacing the NWS program as it is very different in content with a focus on client weight loss. If you hold a current NWS certification there

is no action required from you at this point; you will soon receive communication clearly outlining your certification and options for pursuing additional credentials.

Along with the newest certification program we are launching the Fundamentals of Nutrition webinar which is free, yes free(!), for you! We invite you to share this educational resource with your clients, friends, or family to help them better understand nutrition and make sense of the information they hear in the media. After viewing the webinar you will have the option of completing a quiz in order to obtain a certificate. Visit www.canfitpro.com for more details!

Be one of the first to be recognized as an official "Functional Training Specialist" in your part of town. This certification is one of a kind and was developed by world-renowned Juan Carlos "JC" Santana. The IHP Personal Trainer Functional Training Certification is an 16-hour, 2-day course. This certification is recommended for students who are interested in learning REAL functional Training from the best!