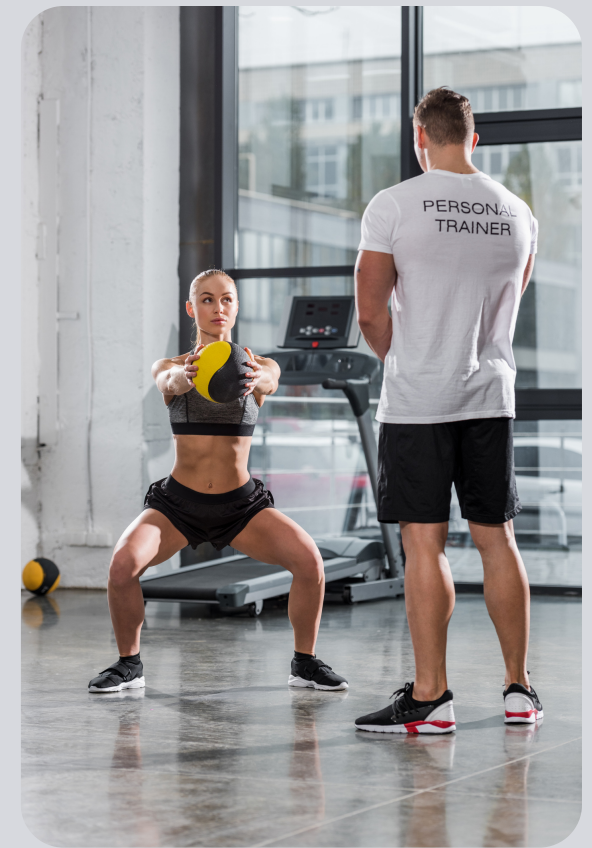


ABOUT THE COURSE

ACE Personal trainer course is the highest quality fitness certification available in the industry. As a student of ACE-CPT you have an opportunity to learn exercise science fundamentals, program designing, behavioural change techniques and client-centred approach for ensured results.



Original Study Material From USA
Student Multimedia Kit
Extensive Offline Practicals
Bilingual Mode of Teaching
Regular Review
Mock Exam
Internship Assistance
Placement Assistance



ACE Certified Personal Trainer (Hybrid - Offline Course)

With Practical Approach

WHY GET CERTIFIED?

Fitness fraternity is as dynamic as it comes. Keep up with the latest trends of the fitness industry and stay ahead in this race, by learning with us. It is our collective responsibility to serve our clients and our industry with the best knowledge and service we can offer.

Fitness Matters has successfully shouldered this responsibility for the last 10 years and will continue to do so. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



ABOUT THE COURSE

- ACE IFT Model (Integrated Fitness Training Model)
- Anthropometric & Functional Assessments
- Physiological and Performance Related Assessments
- Human Anatomy and Bio-mechanics
- Nutrition Guidelines for Individual Goals
- Programming and Progression Guidelines for Functional Fitness & Balance Training
- Programming and Progression Guidelines for Cardiorespiratory, Resistance & Flexibility Training
- Programming Guidelines for Special Population like High BP, Diabetes, Cervical etc
- Programming Consideration for Overweight Population
- Musculoskeletal Injuries and Their Prevention Strategies
- Application of Adherence and Motivational Skills
- Role and Scope of Practice for the Personal Trainer



FITNESS MATTERS BY KRIYAKINESIS

The program will be conducted by Kriyakinesis – Movement is Medicine a fitness education company in association with Fitness Matters



SCHEDULE



Course Duration: 10 Weeks

Each Session Duration:

6 Hours (Every Saturday - Offline)

1 Hour (Every Wednesday - Online)

Timing:

Saturday: 11am - 5pm

Wednesday: 9pm -10pm

COURSE FEE ₹

Course Fee: 55,000

(Study Material +
Multimedia Kit + Classes Fee +
Practice Exam + Mock Exam +
Online CPR Training)

Early Bird Price: 50,000

(On First 4 Seats Only)

Final ACE Exam Fee: \$312

Pay Later, When Ready
for the Final ACE Exam

INSTALMENTS



Contact Us for
Easy Payment Options

FREE SHIPPING IN INDIA



CONTACT US

**Chandigarh
Head Office**

SCO 3013 22 D, 0172-5272013,

9888028021

Branch Office

SCO 255-256, 44 C, 0172-2925255

9888028021

Mumbai

The AKHAADA. 101, Varalaxmi
Co-Op Housing Society, Hanuman
Road, Vile Parle East,
Mumbai - 400057

Mobile - 9820157232, 9870282588

info@fitnessmatters.org

www.fitnessmatters.org/mumbai



WHAT YOU GET



- Imported Study Material
- ACE CPT Certificate
- ACE Certified Badge
- CPR Certificate
- 1 Week Internship (Optional)

ASESSMENT



Exams Language: English

Mock Exam Format: Multiple
Choice Questions (MCQ) Online

Final Exam Format: Multiple
Choice Questions (MCQ) Online



FITNESS DOES MATTER !

