



INTRODUCTION TO STRENGTH TRAINING ONLINE COURSE

OVERVIEW

Discover the life-changing benefits of strength training and how to make this a part of your routine. Rather than learning a single workout, you'll learn a process can support your training for years to come.

THE COURSE CONTAINS 4 MODULES:

1. ABOUT YOU

This module helps you understand how you work best — how you think, what motivates you, and how to set goals. You'll also explore how others can support your progress.

2. STARTING STRENGTH TRAINING

Here, you'll learn about strength training, including its benefits, how to stay safe, and what to expect when getting started.

3. THE MOVEMENTS

This is where you'll begin learning key exercises, covering a range of movement patterns to develop strength in your upper and lower body — while building confidence using different types of equipment.

4. THE PROGRAMME

Finally, you'll bring everything together to create a training plan that suits you. Instead of following a one-size-fits-all plan, you'll build something that matches your goals and lifestyle.

Each module features several lessons — what we refer to as sessions.

YOU'LL LEAVE WITH:

- Understanding of the benefits of strength training — why it is crucial for health and performance
- A library of 66 strength training exercises — all with key coaching points
- Guidance on how to develop a programme to achieve your goals — whether that is strength, power, muscle growth, mobility — or a combination of all of them
- A step-by-step guide on how to create a personalised programme based on your goals, preferences and available time
- Tools to help you develop the mental skills used by elite performers, including goal setting and how to create your own support team

This course is not just about the HOW and WHAT to do to improve strength and fitness — but also helps you understand the WHY.

Why is this important? Well, the cookie cutter, off the shelf workouts that are often promoted online, don't know YOU.

We'll show you how to create your OWN individualised programme — one that links to your goals and factors in your lifestyle.

PRICE:

£12 (including VAT)

DURATION:

Self-paced short course

ENTRY REQUIREMENTS:

None

IDEAL FOR:

- Beginners interested in strength training
- Individuals who are looking to create a well-rounded gym-based programme that works for them

PROGRESSION:

- Introduction to Strength Training – Practical
- Level 2 Award in Coaching Strength Training