

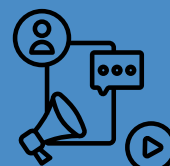
FORMATION



Certification training



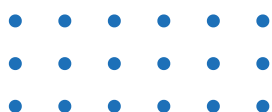
theory and practise



Pro development

About

Join our dynamic team now and take advantage of the latest training developments to become a certified Personal Trainer in just 4 months.



PRO TRAINER
— institute —

WWW.PROTRAINER-INSTITUTE.LU

Formation proposed by Pro Trainer Institute. Continuing education organization approved by the Ministry of Education - N° 10163203 / 0 - 1

Introduction

Welcome to Pro Trainer Institute - a team of dynamic enthusiasts who have carved their own path to success and are now committed to supporting you on your training journey.



Jules FORT



Jérémie LU



Datèvi TEVI-BENISSAN

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CERTIFIED COACHING TRAINING

PROGRAM

1 - The role of the personal trainer

2 - Human movement

3 - Functional anatomy

4 - Physiological exercise

5 - Physiology

6 - Nutrition

7 - Lifestyle and communication management



PROGRAM

8 - Psychosocial aspects of health and fitness

9 - Health and safety: health and fitness assessment

10 - Physics: collection and analysis of information

11 - Practical Fitness Skills

12 - Adaptation of training, planning and programming of exercises

13 - Sales and marketing skills for personal trainers



USEFUL INFORMATION

training duration

The complete training extends over a period of 4 months. This duration has been optimized to provide a balance between efficiency and depth of learning.

Registration method

To register, you must be of legal age.

Complete and sign the registration form (contact us to obtain it). Please ensure you provide all required information completely and accurately.

Possible Prerequisites

The training is open to anyone wishing to train as a coach. No specific prerequisites are necessary. We welcome participants from diverse backgrounds, with a common passion for coaching.

USEFUL INFORMATION

Training Delivery Language

The training is provided in French. All courses, workshops and resources will be available in the French language to ensure optimal understanding. The modules (syllabus) are available in French and English. Request yours in the desired language.

Training Price

The cost of the training is €4,500 including tax, including teaching materials.

Training Days

Classes will take place on weekends to accommodate participants with work commitments during the week. This flexibility allows everyone to complete the training without compromising their other responsibilities.



JOIN US AND BECOME A CERTIFIED PERSONAL TRAINER IN LUXEMBOURG

INFORMATION AND REGISTRATION

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