

## **Intermediate strength training workshop**

### **Course Description**

If you have some experience lifting weights, or have previously completed the LIVING STRONG FITNESS CLASSES, then this 4 week, 4 hour workshop is for you. Certified Personal Trainer, author and fitness educator Brian Konzelman will give you the insider's scoop on safe and effective free-weight training. Learn how to get the most out of your workouts. Learn the simple techniques, right equipment, exercise progression and sequencing that will enable you to design your own safe and effective training and get the most out of your workouts. This limited-enrollment hands-on workshop will be conducted at LIVING STRONG FITNESS TRAINING [www.livingstrong.org](http://www.livingstrong.org) .

### **Instructor**

Brian Konzelman, certified personal trainer and nutritionist, will guide you through this four-week workshop that will provide you with tools and techniques for a lifetime of safe and effective strength training. Contact Brian through his website at [www.livingstrong.org](http://www.livingstrong.org) .

### **Location**

The classes will be held at the LIVING STRONG FITNESS TRAINING CENTER, located just 4 minutes from MCC at The Village Green Center, 4315 Lake Shore Drive. For directions visit the "OUR FACILITY" link at the [www.livingstrong.org](http://www.livingstrong.org) website.

### **Text**

Workbook will be provided at the first class session.

### **Week 1**

Course overview, Introduction to strength-training principles.  
Legs and lower body exercises and training

### **Week 2**

Chest and shoulders exercises and training

### **Week 3**

Back, arms and abs exercises and training

### **Week 4**

Exercise program design, sequence and timing