

**PRO ULTIMATE**  
**ACADEMY**

AFFILIATED BY:



**CERTIFICATIONS IN**

**PERSONAL  
TRAINING**

**GYM PLANNING  
AND  
MANAGEMENT**

**SPORTS  
NUTRITION**



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**BECOME A CERTIFIED**  
**PERSONAL**  
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## CURRICULUM

### 1. Introduction to General Fitness

- Defining Fitness
- Elements of Fitness
- Significance of Fitness

### 2. Musculoskeletal Anatomy and Physiology

- Anatomy and Anatomical Terminology
- Fundamental Movements
- Bones, Types of Joints and Skeletal Muscles
- Hypertrophy and Atrophy



## CURRICULUM

### 3. Cardio Regulations

- Cardiovascular training
- Heart rate
- RHR , MHR
- Heart Rate and health
- Breathing techniques and Exercises

### 4. Flexibility, Mobility and Stretching

- Flexibility vs Mobility
- Stretching and Types of Stretching
- Foam Rolling and Core Stability



## CURRICULUM

### 5. Gym Injuries

- Defining Injury
- Common Causes
- Injuries of Neck, Spine, Back Shoulder & Elbow

### 6. Strength Training and Exercise Selection Criteria

### 7. Workload and Intensity



## **CURRICULUM**

### **8. Practical Module**

- **Body Part 1 : Chest**  
Pectoralis Major and Minor
- **Body Part 2 : Back**  
Latissimus Dorsi, Trapezius, Erector Spinae
- **Body Part 3 : Shoulders**  
Deltoid and Rotator Cuff Group
- **Body Part 4 : Arms**  
Biceps Brachii, Triceps Brachii, Brachialis, Brachioradialis
- **Body Part 5 : Legs**  
Quadriceps, Gluteal Group, Hamstrings & Calves
- **Body Part 6 : Abdominal Group**  
Rectus Abdominis, Internal & External Obliques,  
Transversus Abdominis & Quadratus Lumborum



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# CERTIFICATION IN SPORTS NUTRITION

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## **CURRICULUM**

- **Defining Nutrition?**
- **What does a Nutritionist do?**
- **Sports Nutrition vs Clinical Nutrition**
- **Metabolism and Human Physiology**
- **CICO**
- **Client Assessments and Goal Setting**
- **Introduction to Macronutrients**
- **Proteins**
- **Fats**
- **Carbohydrates**



## **CURRICULUM**

- Introduction to Micronutrients
- Hormones and Hydration
- Energy Systems–Anaerobic and Aerobic
- Detailed Explanation of Supplements
- Nutrition Planning
- Trending Diets and Myths
- Artificial Sweeteners
- Counselling Techniques & Understanding Professional Boundaries
- Business of Nutrition Coaching
- Introduction to Lifestyle Disorders



  
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# CERTIFICATION IN GYM PLANNING & MANAGEMENT

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## **CURRICULUM**

### **1. Before Gym Opening**

- Budget Analysis
- Selecting Location
- Rent / Legal Formalities
- Interior Designing & Gym Layout
- Staff Hiring & Training
- Promotion & Marketing
- Opening Ceremony



## **CURRICULUM**

### **2. After Gym Opening**

- **Lead Generation**
- **Membership Conversation**
- **Managing Gym Training**
- **Gym Sales Management**
- **Follow-up & Renewals**
- **Business from Personal Training**
- **Tracking Monthly Sales Report**
- **Team Building**
- **Brand Building**
- **Multiple Gym Handling / Franchise Modules**





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