

HISTORY

Legendary bodybuilders and strength specialists discuss the origins of strength and its impact on fitness and health today.

INTERVIEWS

One on one interviews (made specially for this course) with some of the most recognized names in the business.

APPLICATION

Work hands-on with Stuart Burton, owner of Stuart Burton's Iron and Silk Fitness in New York City, and a 40 year veteran in the field.

CERTIFICATION

Obtain a specialized certification in new and unique methods of strength and conditioning.

LIU BROOKLYN CONTINUING EDUCATION PRESENTS IN ASSOCIATION WITH WELLNESS ROUNDTABLE, LLC AND STUART BURTON'S IRON AND SILK FITNESS

"Muscle, Human Performance, and the Everyday Athlete"

THIS ONLINE AND HANDS-ON 14-WEEK COURSE WILL PROVIDE YOU WITH THE PRINCIPLES AND APPLICATION OF STRENGTH TRAINING AND BODYBUILDING FOR OPTIMAL PERFORMANCE ENHANCEMENT.

THIS IS NOT YOUR "RUN-OF-THE-MILL" STRENGTH COURSE.

WHAT YOU WILL RECEIVE:

- ONLINE INSTRUCTION WITH INSTRUCTORS WHO HAVE 30+ YEARS EXPERIENCE IN THE FIELD
- 6-8 HOURS OF HANDS-ON TRAINING WITH MASTER TRAINER STUART BURTON
- ACCESS TO INTERVIEWS WITH PREMIER STRENGTH COACHES AND BODYBUILDERS
- A "SCIENCE OF STRENGTH" PROGRAMMING MANUAL AND PROMOTIONAL MATERIALS
- ACCESS TO CONTENT LIBRARY INCLUDING ARTICLES, VIDEOS, AND PODCASTS
- ACCESS TO WELLNESSROUNDTABLE.COM FOR ONE-ON-ONE-OR TEAM CONSULTATIONS
- A CERTIFICATE UPON COMPLETION OF THE COURSE

FEATURED INSTRUCTORS INCLUDE:



Dr. Ming Chew
Physical Therapist



Dr. David Spierer
Physiologist



Jerry Brainum
Nutritionist



Stuart Burton
Master Trainer

PERFECT FOR: BODYBUILDERS, STRENGTH AND CONDITIONING COACHES, PERSONAL TRAINERS, ATHLETIC TRAINERS, AND ANYONE LOOKING TO IMPROVE FITNESS AND PERFORMANCE.

Only \$999 for 14 Weeks of professional instruction and hands on training from the best in the business! Course fee includes all course materials.

Classes Begin May 20, 2019

Register Today at <http://www.liu.edu/Brooklyn/Academics/School-of-Professional-and-Continuing-Studies/Brooklyn-Sports-Academy>

