

ON 4/02/24 THE CERTIFICATE OF SUCCESSFUL COMPLETION OF THE COURSE



ACCADEMIA DOMANI

*This Certificate
is verified
by VeriForm:*



DOTT. FABIO REBECCHI

Legale Rappresentante

Fabio Rebecchi
ACCADEMIA DOMANI S.R.L.
di Rebecchi Fabio
Via Pietro Blaserna 40, 00146 Roma
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PERSONAL TRAINER

HAS BEEN AWARDED, WITH THE FINAL VOTE 88 /100 TO

Antonio Cianciaruso

Born in Bari

On 16/09/2001

Topics covered in the 50 -hour course:

Circulatory system: Anatomy of the circulatory system, Physiology of the circulatory system, Physical activity; Endocrine system: Anatomy of the endocrine system, Physiology of the endocrine system, Physical activity; Respiratory system; Digestive system, Digestive system physiology, Hunger and satiety; Metabolism, Calorie expenditure, Anthropometry; Locomotor system: Skeleton, Joints, Muscles; Training theory: Motor units and muscle fibers, Energy metabolism, Training-induced changes, Training principles, Assessment test; Training methods: Structuring training program, Strength, Hypertrophy, Resistance; Exercises: Deltoids, Trapezius, Lats, Pectorals, Biceps, Triceps, Abs, Lower limbs, Glutes, Triceps of the sura, Proprioception.