



International Personal Trainers & Fitness Academy (IPTFA India)

Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan
Since 1959 From Singapore

Sport Performance Program of HIIT, Tabata Instructor Certification

Content : Trying to boost your exercise capacity and fat burning potential? Eager to test your limits? High Intensity Interval (HIIT) and Tabata training are some of the most popular strength training tools in today's group exercise setting. These introductory course teach the HIIT & TABATA training, safety techniques, body positioning and alignment and appropriate starting weight as well as showing you how to developing interval workouts to accommodate participants with a variety to goals.



Structure :

- After-burn Effect
- HIIT (High-intensity Interval Training)
- TABATA (Tabata Interval Training)
- Related action analysis and practice

Certificate of quality :

Graduates who have fulfilled the following criteria will be issued the **Sport Performance Program of HIIT, Tabata Instructor Certification** by International Personal Trainers & Fitness Academy (IPTFA)

- Attend 75% of the total course time.
- Attain a pass mark of 70% on the theoretical and practical examination.

Course Fee: (INR) 20,000

Course Duration: 6 hrs.

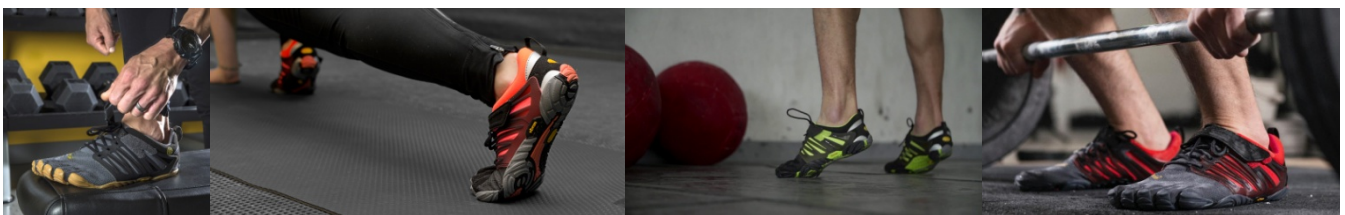
Venue: IPTFA India

Tel: +91 9415204180 (Whatsapp No.)

Email: vishvas.iptfaindia@gmail.com | **Website:** www.iptfa.in

F 2/1 Sanjay Apartment Chqukaghat Varanasi, U.P. India.

VIBRAM ACCREDITATION
AND SUPPORT PROGRAMME



Recognized & Supported Organizations:

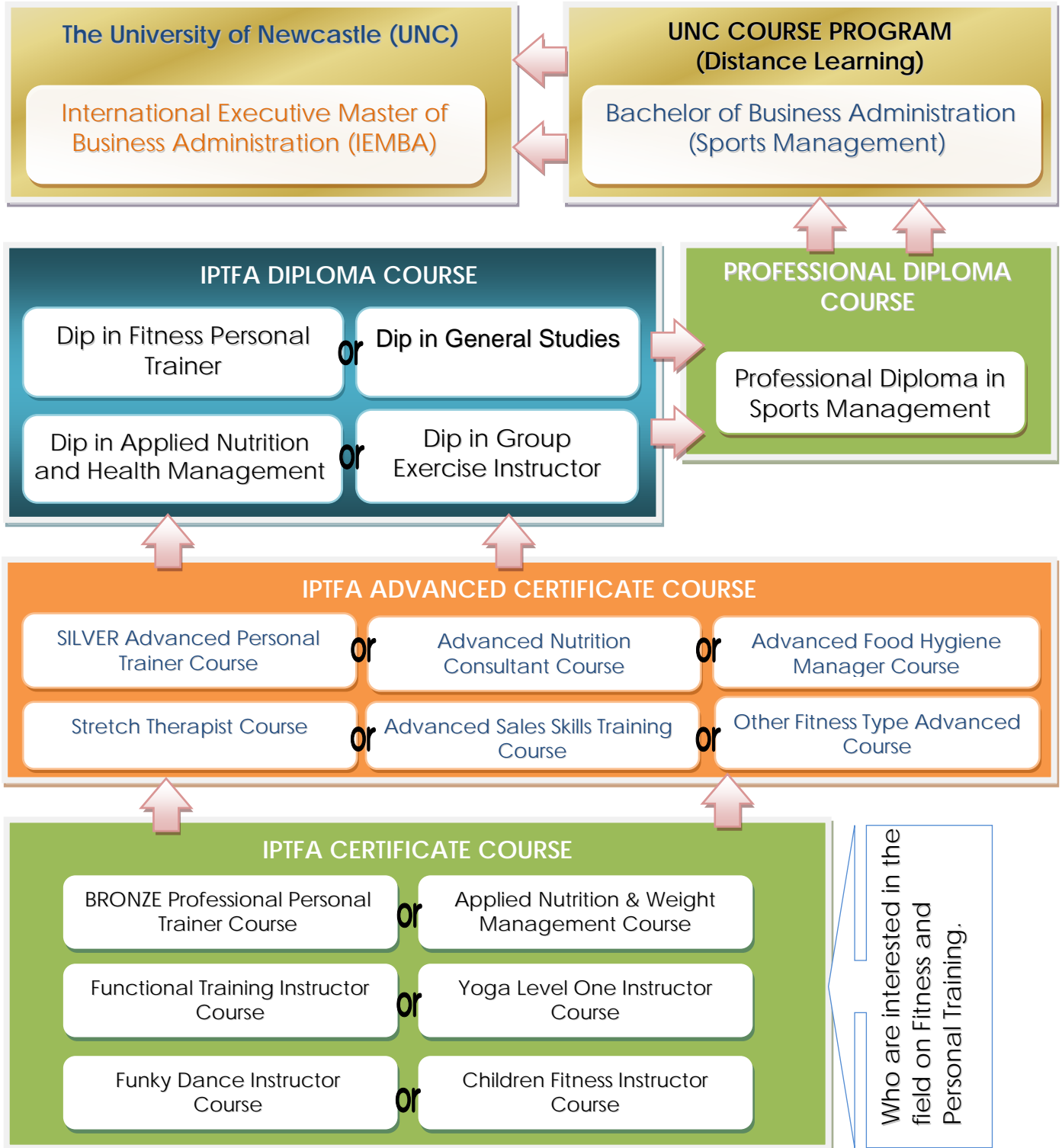




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Study Pathway for Fitness



Recognized & Supported Organizations:





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Enrollment Criteria	Age 17 or above
Lecturer Profile	IPTFA Lecturer, Registered Doctor, Registered Dietician, Registered Physiotherapist, Experienced Personal Trainer
Language	English
Course Duration	Total: 6 hours
Class Population	Maximum of 20 (First come first served basis)
Course Fees	(INR) 20,000
Fees for Re-exam	Theoretical & Practical re-exam HK\$ 300 (adds a Re-exam lesson) Below 60 marks must restudy the course
Venue	(IPTFA - India) F 2/1 sanjay apartment Chaukaghat ,varanasi, u.p india Pin 221002
Application	Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to NAME : International Personal Trainer & Fitness Academy Private Limited A/C NO : 5903 0200 0006 1 IFSC CODE : BARBONATILM BRANCH NAME : Bank of Baroda
Registration & Enquiry	Mr. Vishvas Rao (Chairman of IPTFA INDIA) Tel: 07712426368 Mobile +91 9415204180 Email: vishvas.iptfaindia@gmail.com website: www.iptfa.in Official website: www.iptfa.com Facebook: IPTFA India
Continuing Education Units	6 Continuing Education Units
Refund Policy	There will be no refund unless the course is cancelled by the IPTFA

Recognized & Supported Organizations:



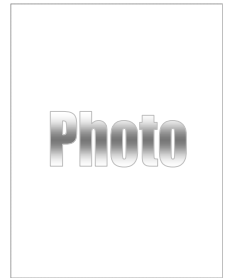


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(ENROLLMENT FORM)

Course Code	Course Name : Sport Performance Program of HIIT, Tabata Instructor Certification
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Personal Information

Name:					
Date of Birth:	mm/dd/yy	Identify ID./ PassportNo.			
Sex :		Age :		Occupation :	
Address :					
Tel No.:					
Mobil :		E-mail :			
Related work experiences and current certificates:					

Information Source web-site Friend recommend Post Others E.G.: _____
All the personal data will keep confidential and will only be used in the application procedure of the events organised by our Academy. For any change of your personal data, please contact IPTFA.

Declaration

I, _____, declare that all the personal data are true and correct. I am aware that my participation in the International Personal Trainers & Fitness Academy event(s) exposes me to a risk of personal injury and I agree to hold harmless International Personal Trainers & Fitness Academy, their Directors, employees and subsidiaries, the presenters and all the event staff from any and all liability arising from this course including, but not limited to, muscle strains, tears, pulls, broken bones, death and any and all illness, ailments or loss of personal property.

I understand the risks arising from the participation of this course and attest that I am in sound physical condition. I also understand that I may be videotaped, audio taped and photographed during the course and International Personal Trainers & Fitness Academy may use my images for any and all uses without my prior consent. I further agree to all conditions of registration, including but not limited to, the no refund policy.

Signature: _____ Date: _____

For Official Use Only

Amount: _____ Received Date: _____
 Cash Cheque _____ Bank _____
Issued by: _____ Refer to: _____

Recognized & Supported Organizations:

