



POWERHOUSE GYM

ACADEMY OF FITNESS TRAINING

Practical Training Workshops



by **Dr. Sheel Sheth**

(BHMS, CFT-ISSA*, CSFS, PGDTD, CYEd., ND, DND, DPC, DSM, NLP)

Academic Head – PHGAFT

Topics	Workshop No	Time	Day/Date	Break Up of Topics / Workshops
City Marathon (Complete Preparatory & Training Program)	1	10.30 am to 1 pm	Oct 3 (Saturday)	-Anat + Exercise Physiology (Overview) -CVR + Orthopedic Fitness Assesment for Induction in Training Program (Who can/should Run : 6 / 21 / 42 km) -Common Injuries – Prevention and Management
	2	2 pm to 5 pm		-Correct Walking and Running Techniques --Gym v/s Outdoor Training – (Best of Both) -3 month Periodized Fitness Programming -15 day Tapering Program before event -CPR (Practical Overview-in short)
	3	6:30 to 8.30 am	Oct 4 (Sunday)	Outdoor Training -CPR (Practical Overview)
Sports Nutrition	4	10.30 am to 2 pm	Oct 4 (Sunday)	-Quick overview of Nutrients & Foods -For Fat Loss + Muscle Gain - For Body Building -For Marathon Training (Including Tapering + Event Day)
Medium of Instructions : Marathi + English + Hindi				

Certificates Will be issued to All Participants

Rates / Charges

No of Workshops (For PHG Trainers / Members	For Other Trainers / Members	For Doctors / Physios / Certified Senior Trainers (>5 yrs experience)/Gym Owners /State Level Sportspersons*
1	300	500	FREE
2	500	800	500
4	900	1300	900

Proof of Qualification / Certification Required (Year of Passing for Trainers)

MEALS COMPLEMENTARY FOR PARTICIPANT ATTENDING 2 OR MORE WORKSHOPS

Venue : Shree Balaji International School Auditorium, Sunder lane,
Next to St Joseph Ground, Orlem, Malad West, Mumbai

To Confirm your seat, and for details, send your name, mobile no, email id, and workshop name to phgft@gmail.com or visit www.powerhousegymindia.co.in by Thursday ,Oct 1, 2015 by 2pm. Tel. 022-65185055

Dr Sheel Sheth, a qualified Medical Practitioner & Sports Fitness Consultant, is an Ex-ISSA (USA) Certified Fitness Instructor and Consultant Nutritionist. He is also a Yoga-Therapist, Naturopath, and Expert on Counseling, Stress Management and NLP (Neuro-Linguistic Programming)., Dr. Sheth holds a Post Graduate Diploma in Training and Development.

He has been associated in various capacities with Fitness Academies like Talwalkars, BFY, Fundamentals Academy of Fitness Training, Mumbai, Symbiosis, MITCON, Oxyfit, Goa Football Council, Krida Prabodhini, NKBA, etc. and was also selected as Faculty for K-11 Academy.

Dr. Sheth has written various books like The Illustrated Practical Exercise Anatomy; Sports Fitness Conditioning , Theory of Fitness - Exercise Physiology; Diet, Nutrition and Supplements; Yoga-Level 1 (for PT & Group Fitness); Fitness Rehab For Special Populations; Swedish Massage; Fitness Guidelines for Children; Shapes : The Complete Slimming and Fitness Guide. Dr. Sheth is presently co-authoring a book on Fitness for 30+ with Dr Parag Sancheti, Sancheti Hospital, Pune.

A very important part of **Dr. Sheth's research** is about 'Fitness Programming' wherein he has laid down clear guidelines to help you select the most appropriate and effective periodized fitness regimen based on your age, fitness goals & fitness abilities.