

The Boutagy Black Book of Fat Loss and Muscle Gain

By Tony Boutagy

The Boutagy Black Book of Fat Loss and Muscle Gain is comprised of two 90 minute sessions presented by Tony Boutagy.

Session 1: The little black book of training secrets

Session 2: The evolution of fat loss.

The little black book of training secrets explores:

- Training guidelines for the achievement of fat loss
- More than 12 training programs to be implemented for over a year of training
- Training guidelines for the achievement of hypertrophy
- More than 12 training programs to be implemented for over a year of training programs.

The evolution of fat loss explores:

- The 'Hunter/Gatherer' diet and societies move away from such diets
- The anatomy of running and the progression towards barefoot running
- Key resistance and cardiovascular recommendations for fat loss programming
- Tony's preferred exercises for resistance training for fat loss.

Upon successful completion, course participants will be able to:

- Understand the importance of the general preparation phase
- Identify the key variables involved in prescribing resistance and cardiovascular exercise for fat loss
- Have more than 12 new methods for programming resistance for fat loss
- Understand the macronutrient ratios involved in a 'Hunter/Gatherer' diet
- Know how to safely progress clients through a 3 month period of adjusting to minimalist and barefoot running
- Recognise the key variables involved in prescribing resistance training for hypertrophy and use them to create suitable programs.

Course Creator Biography

Tony Boutagy, BHMS is the director of the Boutagy Fitness Institute located in Sydney, which is both a strength training facility for personal training clients and an educational centre for personal trainers. He is a PhD candidate in sports science and a former recipient of Australian Fitness Network's Author of the Year award.