

Positive Gains: No-Nonsense Hypertrophy

By Jason Schulman



Positive Gains: No-Nonsense Hypertrophy is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn to design Hypertrophy programs for their clients. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Positive Gains: No-Nonsense Hypertrophy explores:

- Muscular function & hypertrophy
- Science of hypertrophy –how muscles grow as a result from training
- Muscle fibre types
- Specific training methods & training protocols used to elicit hypertrophy
- Specific exercises & techniques used to achieve hypertrophy
- Programming specifics and variables
- Periodising hypertrophy into the yearly calendar for a field based contact sport athlete

Upon successful completion, course participants will:

- Understand the science of hypertrophy ie. how muscles grow as a result of training
- Be able to explain the role of satellite cells, immune system reactions & growth factor proteins
- Have the knowledge to determine the growth potential of different fibre types & how this will affect the ability to put on size
- Understand how to manipulate specific training variables to optimise hypertrophic response in clients of varying experience levels
- Have 5 advanced methods of training that will effectively achieve hypertrophy
- Be able to advise on loading percentages

Course Creator Bio

Jason is currently a strength and rehabilitation coach with the Sydney Swans AFL team.

He has worked with numerous professional sporting teams, most recently as the Strength & Power Coordinator for the Sydney Roosters Rugby League team in the NRL.

Previously he has been employed as a Strength & Conditioning Coach with the NSW Waratahs Super 14 team, worked within the Australian Rugby Unions Elite Player Development Program, was a Strength and Conditioning Coach for the Sydney Fleet

in the inaugural Australian Rugby Championships (ARC) and prior to that was the Physical Performance Coach for Eastern Suburbs Rugby Union.

He has a Masters Degree in Exercise Science with an undergraduate degree in Human Movement Studies and is accredited with numerous professional organisations.

Along with his role at the Sydney Swans, Jason also has a physical performance consulting business, through which he works a number of individual athletes and teams. www.jasonschulman.com.au

