

# **Exercise Professional - Exercise Mechanics 2 & Equipment Mechanics 1 & Continuum Training 2 - 3000 (currently 30 hours)**

“Exercise Professional – Exercise Mechanics 2 & Equipment Mechanics 1 & Continuum Training 2 – 3000” appears to be an advanced course focusing on exercise mechanics, equipment usage, and continuum training methodologies. With a duration of approximately 30 hours, the course likely covers topics such as advanced biomechanics, the science behind exercise equipment, and continuum training principles for progressive fitness development. Participants can expect to deepen their understanding of exercise mechanics, optimize equipment utilization, and implement continuum training strategies to enhance athletic performance, strength conditioning, and overall physical fitness.













3000 (currently 30 hours)

- Exercise Mechanics 2
  - 3201 Torque 2
  - 3210 Resistance Mechanics 2: Magnitude
  - 3211 Resistance Mechanics 3: Placement
  - 3220 Muscle Mechanics 2: Magnitude
  - 3221 Muscle Mechanics 3
  - 3301 Strength?
  - 3310 Profiles: Strength vs Resistance
- Equipment Mechanics 1
  - 3401 Equipment Mechanics 1
  - 3410 Resistance Profile Manipulation
- Continuum Training 2
  - 3720 “Warm-up” vs PPFC
  - 3900 Delivery 1

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## **Proof Content**

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Name ↑	Owner	Last modified	File size
 1. 3201 Torque 2	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 2. 3210 Resistance Mechanics 2 Magnitude	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 3. 3211 Resistance Mechanics 3 Placement	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 4. 3220 Muscle Mechanics 2 Magnitude	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 5. 3221 Muscle Mechanics 3	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 6. 3301 Strength	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 7. 3310 Profiles Strength vs Resistance	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 8. 3401 Equipment Mechanics 1	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 9. 3410 Resistance Profile Manipulation	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 10. 3720 Warm Up vs PPFC	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 11. 3900 Delivery 1	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	—
 3000 (currently 30 hours).png 👤	Lynda Nguyen	Sep 8, 2021 Lynda Nguyen	35 KB