

# IC FITNESS CLUB

*An Institute of Fitness Science*

| Brochure |

[www.icfitnessclub.com](http://www.icfitnessclub.com)

1st January 2024



**FITNESS CLUB**  
AN INSTITUTE OF FITNESS SCIENCE

## ABOUT US

IC Fitness Club, an institute of Fitness Science, was founded by Deepak Bhardwaj with the aim to provide the best educational and knowledgeable fitness courses to gym trainers. Deepak Bhardwaj, The Principal, has been teaching the students since 2016 and founded IC Fitness Club.

IC Fitness Club is considered to be among the best Academy of Fitness Science in the

fitness industry and provide comprehensive education and training to individuals interested in becoming a personal trainer or advancing their knowledge in sports nutrition. The courses cover a wide range of topics and provide hands-on experience, practical training, and theoretical knowledge.

**IC is also Providing Free Education to orphan Students. 10% Seats are reserved in all batches.**

## Our Recognition





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## Diploma in Personal Trainer Course

The aim of the course is to prepare individuals to become certified personal trainers who can design and implement safe and effective exercise programs for clients and help them achieve their fitness goals. The course typically covers topics such as anatomy, physiology, kinesiology, exercise techniques, program design, client assessment, injury prevention, and professional ethics.

### Contents

- Introduction to Physical Fitness
- Anatomy 1
- Anatomy 2
- Anatomy 3
- Kinesiology -1
- Kinesiology -2
- Exercise Physiology
- IC's Exercise Selection Norms
- Physical Fitness 2
- Legs Anatomy 1
- legs Anatomy 2
- Legs Demo Session
- Back anatomy 1
- Back Anatomy 2
- Back Demo Session
- Chest Anatomy
- Chest Demo Session
- Shoulder Anatomy
- Shoulder Demo Session
- Arms Anatomy
- Arms Demo Session
- Core Anatomy
- Core Demo Session 1
- Core Demo Session 2
- Cardio Management
- Cardio Demo Session
- Body Composition
- Introduction to Special Population

- Personality Development Workshop
- First Aid and CPR
- Introduction to Sports Nutrition
- Anabolic Androgenic Steroid and HGH Workshop
- Health Screening and Fitness Evaluation
- Best Supplements for “Strength Training” & “Aerobic Endurance”
- Stretching
- Stretching Demo
- Workload and Intensity
- Scheduling
- Deep Tissue Massage

### **Theory Lectures:**

- 45 Lectures

### **Practical Module**

- 30 Practical Sessions

### **Certifications**

- Personal Trainer Certificate
- First Aid & CPR Certificate
- Anabolic Androgenic Steroid and HGH workshop Certificate
- Personality Development Workshop Certificate
- Strength and Conditioning Certificate
- Internship Certificate (optional)

**Total Fees: INR 28,500/-**  
**EMI Starting from: INR 4,800/-**  
**Duration: 8 Months**





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## Sports nutrition Course

IC sport nutrition course comprises of the facts and the latest scientific researches regarding nutrition and food. IC sport nutrition course provides in depth knowledge of macro and micro nutrients & their requirement for the body. Proper nutrition is too much important for the body to perform 100% efficiently whether the individual is a. athlete or a common sedentary person

This course will equip the trainers and nutritionist with the appropriate knowledge to make a well balanced diet plan for the individual according to their need and requirement. After passing this course trainers will be able to give a diet plan from a sedentary person to an athlete.

How to prepare Muscle gain and fat loss programs will be taught in the most simple and effective way.

This sport Nutrition Course provides in-depth knowledge on food selection, macronutrient ratios, micronutrients and human physiology related to digestion and metabolism of food.

## Contents

- Physical Fitness
- What is Nutrition?
- Cell and tissues
- Digestive System
- Introduction to Nutrition
- Food and fluids for sport and exercise Carbohydrate
- Carbohydrate
- Protein
- Fat
- Micro Nutrients (Vitamins and Minerals)
- Body Fluids
- Strength Training Supplement Aerobic endurance supplements
- Body Composition
- Essentials of Muscle Growth
- Calorie Counting & Lipo-Static Theory
- Preparing a diet plan



### Certifications

- Sports Nutritionist Certificate
- First Aid & CPR Certificate

**Duration: 5 months**

**Fees: INR 17,500/-**

**EMI Starting from: INR 4,334/-**

## Special Population Trainer course

As we all know that human body is very complicated structure. It comprises of many different types of joints and tissues. Well being of Entire human body is necessary to live in the best way and to enjoy each and every moment.

Human body can suffer from many injuries or issues related to organs, tissues, joints and bones. Which will impact the level of living of a human being. This will also affect day to day activities of the person.

PT for special population makes the personal trainers to tackle various musculoskeletal, metabolic disorders which can be acute or chronic.

PT for special population prepares the personal trainers to strengthen the body and to increase the physical performance of the people despite of their medical issue.



**Duration : 4 to 5 Months**

**Fees: INR 19,500/-**

**EMI starting from: INR 5,000/-**

#### **Certifications**

- Special Population Trainer Certificate
- First Aid & CPR Certificate

*\*To apply for this course DPT is compulsory\**

### **Master Trainer Course (MPT)**

Master Trainer Course is the last course considered in the fitness industry. Here the students are trained for all the sports i.e. Power lifting (Bench Press, Dead lift, Squat) and Weight Lifting (Clean and Jerk, Snatch). IC's Master Trainer Course teaches students to analyze, observe and to make corrections in all exercises and movements so that an individual can perform exercise in the perfect way. IC's Master Trainer sessions are taken by Deepak Bhardwaj (Founder) himself.

Master Trainer Course equip the students with the best skills associated with power lifting and weight lifting sports.

In addition Master Trainer Course rectifies all the tiny mistakes and faults regarding posture and form of an individual.

After this Course, Students will be eligible to train national and international athletes in a very effective manner



## 100 % Practical Module

- 30 Practical Sessions

### Certifications

- Master Trainer Certificate
- First Aid & CPR Certificate

**Duration : 4 Months**

**Fees: INR 17,500/-**

**EMI starting from: INR 7,500/-**

*\*To apply for this course DPT is compulsory\**

## Bodybuilding Preparation Coach Certification

Today Bodybuilding has become the widely accepted sport. Bodybuilding demand is increasing day by day, thus IC has brought "Bodybuilding Prep Coach Course". IC is training coaches with the theoretical as well as practical knowledge. IC's Bodybuilding Prep Coach Course includes Exercise Science, Nutrition Science as well as PEDs Knowledge and information. Quip yourself with the Facts and Researches and touch new Heights in bodybuilding Sport with IC Fitness Club. NO more bro science when you can equip yourself with the best knowledge.



## Theory Class

- 20 Theory Lectures

## Practical Module

- 10 Practical Sessions

**Duration : 5 Months**

**Fees: INR 20,500/-**

**EMI starting from: INR 4,334/-**

## TRX Suspension Training Course

“TRX Suspension Training Course” is a kind of Resistance Training Course. It is a resistance training method which uses gravity, body weight and Resistance bands to build strength, power and endurance. “TRX” stands for total body resistance exercise.

IC Fitness Club is the only institute which is officially launching TRX Suspension Training Course in Dwarka Mor, New Delhi. TRX suspension training course includes theoretical as well as practical lectures. These lectures will equip the students as well as trainer with completely a different style of exercise science. Trainers can use TRX suspension training method especially for home personal training workout sessions.



**Duration : 5 Months**

**Fees: INR 20,000/-**

**EMI starting from: INR 4,000/-**

### Certifications

- TRX Training Specialist
- First Aid & CPR Certificate

## Aerobics instructor course

An aerobics instructor course is designed to prepare individuals to become fitness professionals who lead aerobic exercise classes. The course covers various topics related to aerobic exercise, including cardio-respiratory fitness, choreography, music, equipment usage, and safety considerations. It includes both theoretical and practical components. The theoretical component covers the principles and theories of aerobic exercise, anatomy and physiology, and proper nutrition.



**Duration : 5 Months**  
**Fees: INR 17,500/-**  
**EMI starting from: INR**  
**4,334/-**

### Certifications

- Aerobics Instructor Certificate
- First Aid & CPR Certificate



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## Our Events

IC Fitness Club is running "Social Welfare" program in which IC is conducting free First Aid and CPR Programs in School, Colleges, Gyms, Orphanages and even at our Offline Center.



# For More Details Visit



[www.icfitnessclub.com](http://www.icfitnessclub.com)

## Contact Details



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