



# SHEPARD STRENGTH THE PROGRAM

## A BRIEF OVERVIEW

### **7:30-8:30AM**

Review of Relevant Human Anatomy and Physiology

| 10 minute break.

### **8:40-9:40**

Basic Human Nutrition

| 10 minute break.

### **9:50-10:50AM**

Review of Relevant Exercise Physiology

| 10 minute break.

### **11:00-12:00PM**

Mechanisms of Lipolysis and Mechanisms of Strength Adaptation

| 10 minute break.

### **12:00-1:00PM**

Working Lunch - Lunch will be provided

### **1:00-2:00PM**

Ergogenic Aids: Pre-Workout, Fat Burners and Anabolic Steroids

| 10 minute break.

### **2:10-3:10PM**

Exercise Program Design and Resistance Exercise Variables in Program Design

| 10 minute break.

### **3:20-4:20PM**

Meal Plan Variables and Design

### **4:20-4:30PM**

Wrap-up and Closing

Certificate of completion are presented and final question and answer period.

## KEVIN SHEPARD THE TRAINER

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### **Location**

Village DC Ranch Health Club & Spa  
18501 N. Thompson Peak Parkway  
Scottsdale, AZ. 85255

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