



EMANUELE CARDINALI PERSONAL COACH

2019

Ottenimento attestato di Mental Coach

2022

**Ottenimento attestato di Personal Fitness Trainer presso
Accademia Domani specializzandosi in: Strength,
Hypertrophy and Resistance Training**

2023

**In conseguimento della qualifica di Certified Fitness
Trainer (CFT3) presso ISSA Europe**

Servizi offerti:

- Personal coach**
- Lezione singola 30€**
- Pacchetto da 5 lezioni 130€**

ON 13/09/22 THE CERTIFICATE OF SUCCESSFUL COMPLETION OF THE COURSE

PERSONAL TRAINER

HAS BEEN AWARDED, WITH THE FINAL VOTE 92 /100 TO

Emanuele Cardinali

Born in Villafranca di Verona

On 14/04/96

Topics covered in the 50 -hour course:

Circulatory system: Anatomy of the circulatory system, Physiology of the circulatory system, Physical activity; Endocrine system: Anatomy of the endocrine system, Physiology of the endocrine system, Physical activity; Respiratory system; Digestive system, Digestive system physiology, Hunger and satiety; Metabolism, Calorie expenditure, Anthropometry; Locomotor system: Skeleton, Joints, Muscles; Training theory: Motor units and muscle fibers, Energy metabolism, Training-induced changes, Training principles, Assessment test; Training methods: Structuring training program, Strength, Hypertrophy, Resistance; Exercises: Deltoids, Trapezius, Lats, Pectorals, Biceps, Triceps, Abs, Lower limbs, Glutes, Triceps of the sura, Proprioception.



ACCADEMIA DOMANI

This Certificate
is verified
by VeriForm:



DOTT. FABIO REBECCHI

Legale Rappresentante

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