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| Course Category | Wellness |
| Course Title | Power Up Your Workouts - Functional Strength Training |
| Course Code | BW006 |
| Medium of Instruction | Chinese |
| Duration | 9.0 hour(s) |
| Course Fee | Macao Resident: MOP630 Non-Macao Resident: MOP630 |
| Certificate | Students who have attended no less than 70% of the class sessions will be issued an attendance certificate by UTM. |
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| Outline | Functional strength training can improve stability, increase joint mobility, and strengthen muscles. This thematic training focuses on strength training which uses auxiliary tools such as resistance bands and medicine balls. Several practical circuit training exercises will also be demonstrated. |
| Teacher | Please refer to the schedule |