



Course Category	Wellness			
Course Title	Power Up Your Workouts - Muscle-strengthening Training			
Course Code	BW007			
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.			
	Course Code	Sub Code	Course Start Date	Course End Date
	BW007	2401	2024/03/05	2024/03/12
Outline	Strength training can help to burn calories, promote mobility, boost self-esteem, strengthen bones, promote a better quality of life and so forth. This thematic training focuses on muscle-strengthening training with fitness equipment, body weight and dumbbells.			
Teacher	Please refer to the schedule			