



# International Personal Trainers & Fitness Academy (IPTFA)

Branch: Singapore, Canada, China, Hong Kong, India, Iran, Kazakhstan, Malaysia, Maldives, Macau, Mongolia, Nepal, Sri Lanka, Pakistan, Taiwan  
*Since 1959 From Singapore*

## INTERNATIONAL PROFESSIONAL EDUCATION PROGRAM: Obstacle Racing & Sports Performance

**Course Description :** Some many obstacle course races to choose from. There are fun ones, tough ones, long ones, extreme ones...it seems like there's something for everyone. Obstacle races will definitely challenge your muscles; so you better prepare.

We will be teaching versatile skill set of strength, endurance, and speed will help you conquer the challenge of competing in any obstacle race. And being in better shape will surely make the event more fun since you'll struggle less. Let's focus on sound training so you can enjoy the race instead of just surviving it.

**Presenter:** Husein Zinan

Master in Personal Training (UK)

- 06 Spartan Races in 2017
- 19 Spartan Races in 2018
- 04 Spartan Races in 2019
- Competed in 2019 Spartan Middle East & Africa Championships
- Competed in 2018 Spartan Trifecta World Championship
- Completed in 2018 Spartan Ultra Endurance Races



### Course Content:

- Effect Functional training
- Endurance training
- Sports specific training
- Program design

**Course fee:** HKD 2,800

**Time:** 09:30–12:30 ; 14:00–18:00

**Course Duration:** 8hrs.





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## INTERNATIONAL PROFESSIONAL EDUCATION PROGRAM: Obstacle Racing & Sports Performance

|                                   |   |
|-----------------------------------|---|
| <b>Enrollment Criteria</b>        | Age 17 or above   |
| <b>Lecturer Profile</b>           | Husein Zinan<br>Master in Personal Training (UK)  |
| <b>Language</b>                   | English   |
| <b>Course Duration</b>            | 8 hours   |
| <b>Class Population</b>           | Maximum of 30 (First come first served basis)   |
| <b>Course Fees</b>                | HK\$ 2,800 / US 358   |
| <b>Venue</b>                      | International Personal Trainers & Fitness Academy (IPTFA)   |
| <b>Application</b>                | Applicants should send the application form (can make photocopy on own) with a stamped return envelope and a cheque payable to <b>[INTERNATIONAL PERSONAL TRAINERS &amp; FITNESS ACADEMY]</b> to INTERNATIONAL PERSONAL TRAINERS & FITNESS ACADEMY, Unit C, 2/F, Right Time Building, 21-27Playing Field Road, Mong Kok, Kowloon, HK  |
| <b>Registration &amp; Enquiry</b> | Tel: 2345 6286                      Fax: 2345 1236<br>E-mail: <a href="mailto:info@iptfa.com">info@iptfa.com</a> Website: <a href="http://www.iptfa.com">www.iptfa.com</a>  |
| <b>Notice</b>                     | <ol style="list-style-type: none"> <li>1. When The Hong Kong Observatory announces a YELLOW or RED rainstorm warning, or typhoon signal No.1 or 3 is hoisted, the classes will continue as usual.</li> <li>2. When The Hong Kong Observatory announces a BLACK rainstorm warning, or typhoon signal No.8 is hoisted, the classes on the same day will be cancelled. Our academy will announce another date, time and venue for the makeup class.</li> </ol> |
| <b>Continuing Education Units</b> | 6 CEUs  |
| <b>Refund Policy</b>              | There will be no refund unless the course is cancelled by the IPTFA   |





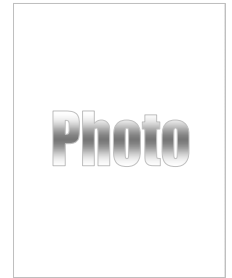


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## (ENROLLMENT FORM)

|             |  |
|-------------|--|
| Course Code | Course Name :<br><b>INTERNATIONAL PROFESSIONAL EDUCATION PROGRAM: Obstacle Racing &amp; Sports Performance</b> |
|-------------|--|



## Personal Information

|  |          |                           |  |              |  |
|--|----------|---------------------------|--|--------------|--|
| Name:  |          |                           |  |              |  |
| Date of Birth:                                     | mm/dd/yy | Identify ID./ PassportNo. |  |              |  |
| Sex :  |          | Age :                     |  | Occupation : |  |
| Address :  |          |                           |  |              |  |
| Tel No.:   | Day-time | Night-time                |  |              |  |
| Mobil :  |          | E-mail :                  |  |              |  |
| Related work experiences and current certificates: |          |                           |  |              |  |

Information Source  web-site  Friend recommend  Post  Others E.G.: \_\_\_\_\_

All the personal data will keep confidential and will only be used in the application procedure of the events organised by our Academy. For any change of your personal data, please contact IPTFA.

Payment : Cash, EPS, Cheque, and T/T, Please do inscribe: "International Personal Trainers & Fitness Academy ", T/T account no. **(SCB : 33782-05697-8; BOC : 012-698-0-000764-4)**

### **Declaration**

I, \_\_\_\_\_, declare that all the personal data are true and correct. I am aware that my participation in the International Personal Trainers & Fitness Academy event(s) exposes me to a risk of personal injury and I agree to hold harmless International Personal Trainers & Fitness Academy, their Directors, employees and subsidiaries, the presenters and all the event staff from any and all liability arising from this course including, but not limited to, muscle strains, tears, pulls, broken bones, death and any and all illness, ailments or loss of personal property.

I understand the risks arising from the participation of this course and attest that I am in sound physical condition. I also understand that I may be videotaped, audio taped and photographed during the course and International Personal Trainers & Fitness Academy may use my images for any and all uses without my prior consent. I further agree to all conditions of registration, including but not limited to, the no refund policy.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### **For Official Use Only**

Amount: \_\_\_\_\_ Received Date: \_\_\_\_\_  
 Cash  Cheque \_\_\_\_\_ Bank \_\_\_\_\_  
 Issued by: \_\_\_\_\_ Refer to: \_\_\_\_\_

