



Muscle Nerds – Metabolic Coach Level I

In our Muscle Nerds Metabolic Coach Level I seminar, you will learn how to recognize and assess stress related metabolic dysfunction. We will provide simple explanations on topics such as biochemistry, energy production, hacking the metabolism, blood labs, practical assessments that can be done at home. We will explain to you how stress affects fat gain and fat loss.

You will learn our concept and methodology of “Least mode”. When and how to apply it in order for your clients to achieve their body composition goals. When and how to progress clients from complete dysfunction to “Beast Mode” status.

We will discuss the Muscle Nerds approach to: Training, Conditioning, Nutrition, Supplementation, and how to integrate all these concepts into your client’s current lifestyle in order for them to get optimal results.

This course is for personal trainers as well as fitness enthusiasts who are looking to improve their knowledge and achieve better results with themselves and their clients.



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Day 1

10:00-11:00	Check In, Preliminary Q&A, Introduction and Concepts <ul style="list-style-type: none">-Class expectations-Our commitment for health first, and why-Successful training and being realistic-Stress and its role in destroying health and causing metabolic dysfunction-Basic sex hormone pathways and their role
11:00-11:15	Break
11:15-1:00	Introduction and Concepts <ul style="list-style-type: none">-Long term client development-What signifies progress, it's <i>NOT</i> just fat loss!-The traditional industry fat loss template vs our methods-Gathering information, assessments, and why-Common client dysfunctions and topics of discussion-The concept of Leastmode vs Beastmode and sample phase I Leastmode
1:00-2:00	Lunch
2:00-3:30	Digestion and Assimilation <ul style="list-style-type: none">-Defining metabolism-What is digestion and assimilation?-Common gastrointestinal dysfunctions-Digestion from mouth to anus-How stress and hormones impact digestion and assimilation
3:30-3:45	Break
3:45-5:30	Digestion and Assimilation <ul style="list-style-type: none">-“Leaky gut” definition, symptoms, and simple solutions-Lipopolysaccharides and endotoxemia, symptoms and solutions-The Four R’s-Gut Bacteria-Thyroid and the Gut-Protocols
5:30-6:00	Questions and Comments



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Day 2

10:00-11:30	Energy Production <ul style="list-style-type: none">-What is energy? The concept of energy vs calories-Pathway for energy production – AMPK-Anti-Aging – SIRT1-Insulin resistance and glucose transport-Mitochondria-Glycolysis
11:30-11:45	Break
11:45-1:00	Energy Production <ul style="list-style-type: none">-Kreb's Cycle-Electron Transport Chain-Hacking the metabolism-Increasing brain function-Protocols
1:00-2:00	Lunch
2:00-3:30	Stress and Metabolic Syndrome <ul style="list-style-type: none">-How stress impacts physiology-Stress Hormones: Norepinephrine, Epinephrine, Cortisol-Stress and thyroid-Lifestyle techniques for stress-Sleep and stress: assess and protocols-Stress questionnaire and what it means
3:30-3:45	Break
3:45-5:30	Questions and Comments



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Day 3

10:00-11:30	Stress and Metabolic Syndrome <ul style="list-style-type: none">-Definition of metabolic syndrome-Assessing Metabolic Syndrome: Doctor-Assessing Metabolic Syndrome: Trainer-Inflammation and Metabolic Syndrome-Common nutrient deficiencies and Metabolic Syndrome-Exercise and Metabolic Syndrome-High Fructose Corn Syrup and Metabolic Syndrome
11:30-11:45	Break
11:45-1:00	Stress and Metabolic Syndrome <ul style="list-style-type: none">-Environmental Toxins and Metabolic Syndrome-Xenoestrogens-Pesticides-Management of toxins as a trainer-Intro to liver detox and role as trainer in support-Nutrients for detoxification and protocols
1:00-2:00	Lunch
2:00-3:30	Leastmode Protocols Whiteboard discussion: <ul style="list-style-type: none">-Training-Conditioning
3:30-3:45	Break
3:45-5:30	Leastmode Protocols Whiteboard discussions: <ul style="list-style-type: none">-Nutrition-Supplements-Putting a program together
5:30-6:00	Questions and Comments



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