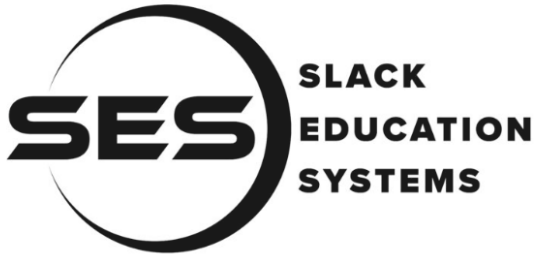




**SES Level 3**  
**Client-Centric**  
**Barbell Strength Training**

Matthew Slack – Certified Adult Educator and Personal Trainer  
[Matthew.slack@slackeducationsystems.com](mailto:Matthew.slack@slackeducationsystems.com)



## SES Level 3 → Client-Centric Barbell Strength Training

**Gym/ Facility:** GoodLife FITNESS (location determined by host club)

**Job Title:** Personal Trainer

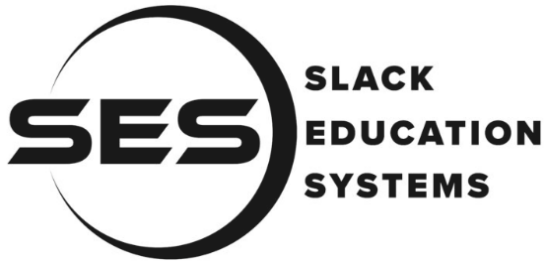
### **Course Description:**

SES Level 3 - Client-Centric Barbell Strength Training: This course is designed to provide certified personal trainers skills and knowledge to safely periodize and peak a client in strength. Personal trainers will be educated on the third hypertrophic potentiator, mechanical tension, and the three meso-phases that pertain to powerlifting. The trainers will have an opportunity to practice their skills hands-on in an authentic gym setting where they will gain experience in advanced barbell strength training. This certification is valid for the PT Black Belt program to level up personal trainers from Level 4 to Level 5.

### **Learning Goals:**

Upon completion of this certification personal trainers will have the ability to:

1. Analyze and assess training volume and intensity for each client
2. Identify client's MEV and MRV
3. Model strong, on the floor, cueing skills with clients.
4. Discern client's main 'big three' lifts, for mechanical output
5. Know allostatic load/allostasis, Stimulus-of-Recovery-Adaptation Curves, and Stimulus-Fatigue-Ratio
6. Use various tools and calculations for balancing lifestyle stress with training load
7. Identify working set volume for each meso-phase of client-centric barbell strength training
8. Write programming for accumulation-phase, intensification-phase, and peaking-phase for each client



### Learning Objectives:

1. Personal trainers will be able to bring clients on the floor and execute the client-centric barbell strength training meso-phases for their clients
2. Personal trainers will be able to develop a plan and strategies for mitigating allostatic load and overtraining effect
3. Personal trainers will be able to communicate effectively with clients in cueing the main 'big three' barbell compound lifts
4. Personal trainers will be able to cue clients effectively to correct movement pattern during each of the main compound barbell lifts
5. Personal trainers will be able to interpret and decide the most appropriate mechanical position for executing the main 'big three' barbell compound lifts
6. Personal trainers will be able to analyze and develop a conclusion, based on lifestyle and fitness level, the appropriate working volume for clients
7. Personal trainers will be able to use tools and calculations to determine Minimum Effective Volume and Maximum Recoverable Volume
8. Personal trainers will be able to create a client-centric BLOCK periodization program making the personal training experience 'personal' for each client.

### Instructional Strategies:

The classroom will be on the gym floor where a range of activities are used to facilitate learning. These activities include instructor-led lectures, discussions, and demonstrations of the main 'big three' compound barbell lifts, for maximal mechanical output. The workshop will happen in a group setting where collaboration and groupwork are emphasized to develop interpersonal skills of personal trainers. An expert in this field will facilitate hands-on demonstrations in an authentic gym environment that will provide personal trainers valuable experience in the field of health and fitness.

**Course Format:** In-person (live course)

## Course Learning Outcomes:

- Learners will be able to effectively use all relevant tools to assess and advise clients on appropriate training volume for each meso-phase of client-centric barbell strength training
- Use MEV calculation
- Use MRV calculation
- Identify potentiators of allostatic load and modify strength training, dependent on SRA and SFR
- Develop client's tolerance to mechanical load through accumulation-phase, intensification-phase, and peaking-phase using BLOCK periodization modality

### Outcomes Day 1 (Friday):

- A.) Know the inverse relationship between mechanical tension and training volume
- B.) Identify and discern allostatic load of clients
- C.) Use MEV and MRV equation to calculate Minimum Effective Volume and Maximum Recoverable Volume
- D.) Know the modifications and execution of sumo barbell deadlift and conventional barbell deadlift, specific to powerlifting

#### Topics:

- Mechanical Tension, the Third Hypertrophic Potentiator
- Allostatic Load and Allostasis + Stimulus of Recovery Adaptation Curve and Stimulus Fatigue Ratio
- Calculating MEV and MRV
- Sumo Barbell Deadlift and Conventional Barbell Deadlift
- Calculating 1RM Using 5 Rep Max

### Outcomes Day 2 (Saturday):

- E.) Know the modifications and execution of barbell back squat, specific to powerlifting
- F.) Know the modifications and execution of barbell bench press, specific to powerlifting
- G.) Identify and prescribe exercise and training volume, specific to powerlifting
- H.) Identify and use relevant supplementary lifts for programming the three meso-phases

#### Topics:

- Barbell Back Squat + High vs Low Bar
- Barbell Bench Press
- Calculating 1RM Using 5 Rep Max
- Accumulation, Intensification, and Peaking Phases + Utilizing Supplementary and Accessory Lifts for Client-centric periodization schematic/ BLOCK periodization programming.

### Admission Requirement(s):

1. Valid and up-to-date personal training certificate
2. Employment at GoodLife FITNESS
3. GoodLife FITNESS PT Black Belt Level 2 Personal Trainer or higher

**Duration:** 12 hours

**Course Schedule:** Friday to Saturday

8:30 a.m. to 2:30 p.m. (6 hrs) each day.

**Textbook:** Provided by SLACK Education Systems – SES Level 3 Handbook

**Supplies & Equipment:** Assessment tools will be provided by SLACK education systems for each personal trainer enrolled in the course. All tools provided, in SES black drawstring bag, will be for each trainer to keep. Gym facility will provide other equipment such as gym space, barbells, dumbbells, free weights, etc. Personal trainers are welcome to bring their own preferred tools for taking notes such as notepads, tablets, or laptops.

### Topic Schedule:

<b>Outcomes Day 1:</b>		
A.) Know the inverse relationship between mechanical tension and training volume		
B.) Identify and discern allostatic load of clients		
C.) Use MEV and MRV equation to calculate Minimum Effective Volume and Maximum Recoverable Volume		
D.) Know the modifications and execution of sumo barbell deadlift and conventional barbell deadlift, specific to powerlifting		
Day	Topic	Duration
Friday Day 1	Mechanical Tension, the third hypertrophic potentiator/intensity vs volume	8:30 a.m. to 9:30 a.m.
Friday Day 1	Allostatic load/ SRA + SFR	9:30 a.m. to 10:30 a.m.
Friday Day 1	Calculating MEV and MRV	10:30 a.m. to 12:00 p.m.
	<b>LUNCH</b>	<b>12:30 p.m. 1:00 p.m.</b>
Friday Day 1	Sumo Barbell Deadlift + Conventional Barbell Deadlift	1:00 p.m. to 1:30 p.m.
Friday Day 1	Calculating 1RM Using 5 Rep Max – GROUP LIFT SESSION for Sumo and Conv. Deadlift	1:30 p.m. to 2:00 p.m. (2:30pm end class if required)

<b>Outcomes Day 2:</b> E.) Know the modifications and execution of barbell back squat, specific to powerlifting F.) Know the modifications and execution of barbell bench press, specific to powerlifting G.) Identify and prescribe exercise and training volume, specific to powerlifting H.) Identify and use relevant supplementary lifts for programming the three meso-phases		
Day	Topic	Duration
Saturday Day 2	Barbell Back Squat/ High Bar Setup vs Low Bar Setup	8:30 a.m. to 9:30 a.m.
Saturday Day 2	Barbell Bench Press/ The Powerlifter Setup	9:30 a.m. to 10:30 a.m.
Saturday Day 2	Calculating 1RM Using 5 Rep Max – GROUP LIFT SESSION for Squat and Bench	10:30 a.m. to 12:00 p.m.
	LUNCH	12:00 p.m. to 12:30 p.m.
Saturday Day 2	The 3 Meso-Phases/ Utilizing Supplementary Lifts for Client-centric BLOCK Periodization	12:30 p.m. to 2:00 p.m. (2:30pm end class if required)
End of Course	FINAL EXAM – Online Summative Evaluation	

#### Evaluation Plan:

Type	Percentage Worth of Grade
Attendance	<b>Mandatory (PASS/ FAIL)</b> (This intensive workshop cannot be passed without 100% attendance)
Summative Evaluation (online final exam)	<b>100%</b>

The final exam will be completed online after the course is completed. Trainers will be automatically emailed and will have 7-days to complete. Notes are allowed and unlimited attempts are permitted. A minimum grade of 80% is required to pass.

**Passing Grade: B- (80%)**