



THE CLEAN HEALTH

ONLINE PERSONAL

TRAINER CERTIFICATION™

COURSE GUIDE



**BECOME A WORLD-LEADING ONLINE PERSONAL TRAINER
IN PROGRAM DESIGN & NUTRITION COACHING TODAY!**

1 WHY CHOOSE US

Finding the best courses to invest in as a personal trainer can be tricky...

Most courses try to “fast-track” your certificate, leaving you overwhelmed and unsure how to take your new skills and make a living as a PT.

Well, Clean Health solves that 💪



Founded in 2008 by expert personal trainers and our CEO, Daine McDonald, we're the trusted source of results-based fitness education for personal trainers worldwide.

We began as a PT organisation focused on getting epic results using the science of lifestyle, nutrition, and training and in 2012, we opened our first of several gyms that did over 300,000 coaching sessions over their lifespan.

During that time, we started educating PTs, and now, as an accredited fitness institute, we've certified over 70,000 personal trainers and nutritionists in over 40 countries, including industry experts such as Mark Carroll and Lauren Simpson.



OUR EDUCATORS FEATURE THE BEST IN THE FITNESS INDUSTRY, INCLUDING DR LAYNE NORTON, DR BILL CAMPBELL, HATTIE BOYDLE, SEBASTIAN OREB, BRIAN MARK, COLE DA SILVA, DR JACKSON PEOS AND MORE.

We will teach you “what’s working now”, not what “used to work”, like the traditional, cookie-cutter fitness institutes (You know who you are).

So, what are you waiting for?

**BECOME THE NEXT FITNESS INDUSTRY #GOAT,
LEARN WITH CLEAN HEALTH.**

2 CURRICULUM CREATORS



LAYNE NORTON, PHD

With over 20 years in the fitness industry, Dr Layne Norton is one of the world's most trusted and influential evidence-based fitness professionals specialising in nutrition.

He is a scientist, pro bodybuilder, raw elite powerlifter, physique coach, and academic powerhouse who has taught over 10,000 Personal Trainers and Nutritionists worldwide, both in-person and online. His research has been published in multiple scientific journals, publications and media outlets, including the Joe Rogan podcast and bodybuilding.com.

Outside of his business Biolayne, he is a founding member of the Clean Health Academic Advisory Board. For more information on Layne, follow him at his website: www.biolayne.com

SEBASTIAN OREB

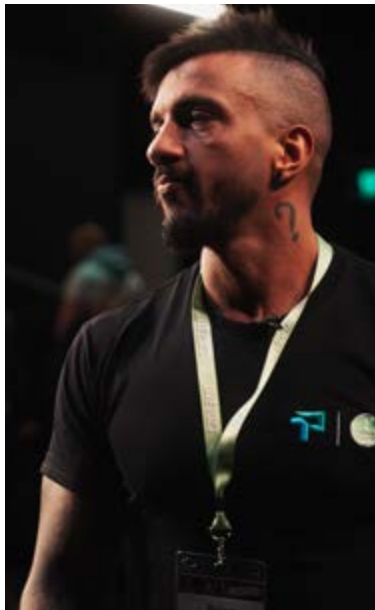
With over 20 years in the fitness industry, Sebastian Oreb, the Australian Strength Coach, is one of the world's most sought-after strength coaches.

As the Strength System and Base Gym founder, he's coached world champions in Rugby League, Professional Powerlifting and Strongman such as Thor, aka the Mountain from Game of Thrones and Hattie Boyle, WBFF World Champion.

He's an elite-level powerlifter and athlete, having set multiple records in his weight classes and is passionate about fitness industry education.

For more information on Sebastian, visit his website at: www.strengthsystem.com





BRIAN MARK

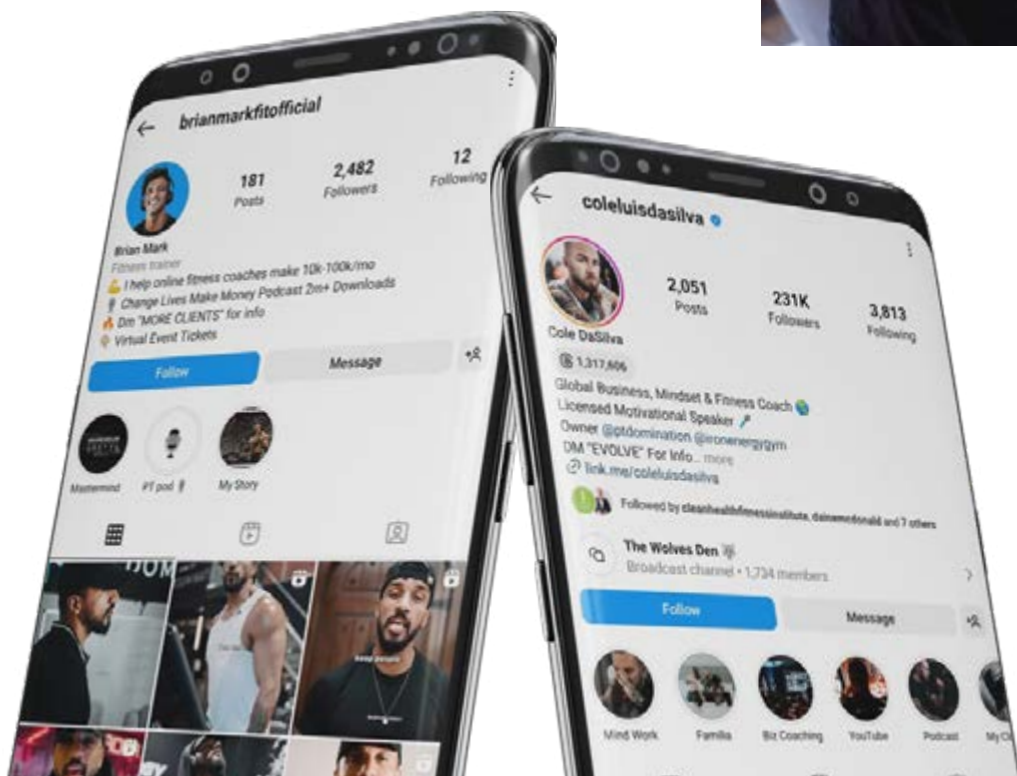
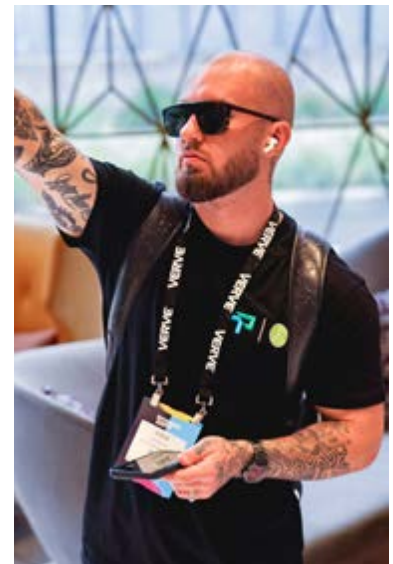
Brian Mark went all in on his fitness business in 2014, and over the course of the next 4 years, he achieved many incredible milestones; getting his fitness business to \$10,000+ per month, winning 1st Place, becoming a fitness model champion, and a team of 6 coaches grew his online fitness business to \$50,000+ USD per month!

In the last 4 years, he's worked with over 5000 online coaches, and 300+ of them have hit \$10,000 per month. His podcast, the Change Lives Make Money online trainer podcast, gets over 100,000 downloads per month.

COLE DASILVA

Cole DaSilva is the head coach at PT Domination, and in the last 4 years, Cole has worked with over 5000 online coaches and has helped 300+ of them hit over \$10k USD per month.

He is the host of his podcast called Wake Up with The Wolf & and is internationally renowned as an educator, mentor and motivational speaker in the fields of mindset and business.



3 PROGRAM OVERVIEW

The Clean Health Online Personal Trainer Certification™ (OPT™) is the most advanced online personal training certification program available today, giving you the tools you need to serve and transform your clients and start a career as an online fitness coach.

With 17 courses combined, it includes four internationally recognised certifications specialising in advanced program design and nutrition, along with courses in fat loss transformations, social media, and reverse dieting.

With the ability to study 100% online and self-paced over two years, it was designed for those wanting to start a career as an online fitness coach and learn the latest science and systems in fat loss, hypertrophy, and athletic performance as online fitness coaches.

The program gives you all the skills you need to become an online expert personal trainer and nutrition coach that changes clients' lives whilst growing a successful fitness business!

**OPT CONTAINS AN INDUSTRY-LEADING
99 MODULES OF LEARNING ACROSS 17 COURSES,
BROKEN DOWN AS FOLLOWS** 🖐️

CERTIFICATIONS

1. Performance Nutrition Coach Certification Levels 1-3 [PNC]
2. Performance PT Coach Certification Levels 1-3 [PPT]
3. Strength System International Certification Levels 1-3 [SSIC]
4. Biolayne Nutrition Coach Certification Levels 1-2 [BINC]

COURSES

5. PT Business Essentials [PTBE]
6. Social Media Mastery for Fitness Professionals [SMM]
7. Fat Loss Transformation Secrets [FLTS]
8. Building the Ultimate Squat [BUS]
9. Evidence-Based Reverse Dieting [EBRD]
10. Clean Health Live 2023 Virtual [CH23]

COACHING TOOLS

11. iNutritionPRO Coaching Software (3-Month Trial)

iNutritionPRO

POWERED BY



**THIS PROGRAM WILL PROVIDE YOU WITH EVERYTHING YOU
NEED TO BECOME A REPUTABLE AND TRUSTED ONLINE
FITNESS COACH WHO STANDS OUT FROM THE PACK!**

4 WHAT YOU WILL LEARN

MODULE OVERVIEW: COURSE 1 OF 17

PERFORMANCE NUTRITION COACH LEVEL 1

#No	Module Code	Module Name
1	CHPNC11	The Obesity Epidemic
2	CHPNC12	The Art of Nutrition Coaching
3	CHPNC13	The Fundamentals of Macronutrients
4	CHPNC14	Base Nutritional Program Design
5	CHPNC15	Understanding Popular Nutrition Systems
6	CHPNC16	The Art of Nutritional Periodisation
7	CHPNC17	Understanding Micronutrients
8	CHPNC18	Building your Nutrition Coaching Business

KEY LEARNING OUTCOMES

1. You will learn an evidence-based, step-by-step dietary program design system that can produce results with clients for fat loss, hypertrophy, athletic performance or general wellness safely and effectively.
2. You will learn all about the different nutrition systems. So, whether low carb, high carb, ketogenic, IIFYM, intermittent fasting etc., we break down each to give you the pros and cons and provide you with the latest science.
3. You will learn when or when not to apply different nutrition protocols depending on the client's physiology, goals and overall psychology.
4. You will learn about the periodisation of nutrition, Zigzag, undulating periodisation and how to structure diets over weekly, monthly and quarterly periods to maximise client goals.
5. You will learn how to set up an additional income stream or side hustle as a nutrition coach.

MODULE OVERVIEW: COURSE 2 OF 17

PERFORMANCE NUTRITION COACH LEVEL 2

#No	Module Code	Module Name
9	CHPNC29	The Physiology of Fat Loss
10	CHPNC210	The Fundamentals of Gut Health
11	CHPNC211	Stress & Lifestyle Management Essentials
12	CHPNC212	Advanced Nutrition Principles for Maximal Results
13	CHPNC213	Advanced Supplementation Considerations
14	CHPNC214	Nutritional Strategies for Physique Athletes



KEY LEARNING OUTCOMES

1. You will learn the science and physiology of fat loss, involving a detailed analysis of the interactions between lipolysis, fatty acid transportation, fat oxidation, adrenoreceptors and stubborn fat protocols and more!
2. You will learn in-depth all about the structure of the digestive system. Along with the physiology behind it, giving you a greater understanding of what happens to the food and liquid consumed once it enters the body.
3. You will learn in-depth the impact of stress and unhealthy lifestyle choices on your client's brain function, immune system, cardiovascular system, digestive system, sleep/wake cycles, and much more.
4. You will learn how to prescribe evidence-based, advanced supplementation protocol for intermediate to advanced-level clientele.
5. You will understand how to nutrition coach physique athletes or clients for photo shoots, ensuring they peak aesthetically on time for optimal results!

MODULE OVERVIEW: COURSE 3 OF 17

PERFORMANCE NUTRITION COACH LEVEL 3

#No	Module Code	Module Name
15	CHPNC314	Understanding Endocrinology for Client Wellness
16	CHPNC210	Understanding Epigenetics for Client Longevity
17	CHPNC211	Understanding Brain Chemistry for Mental Health
18	CHPNC212	Blood Chemistry Assessment for Health Professionals
19	CHPNC213	Neuroplasticity & the Science of Behavioural Change



KEY LEARNING OUTCOMES

1. You will learn the impact of our hormones on our health, well-being and body composition goals and how they can impact health and longevity.
2. You will learn the impact of our unique genetic makeup on our health, well-being and body composition goals and how they can impact longevity.
3. You will learn about our neurotransmitters and how they influence mood, mental health and daily performance.
4. You will learn about the importance of blood chemistry profiling and how to interpret immune, detoxification, methylation and more to optimise health.
5. You will learn the latest research around neuroplasticity and how to use the science of behaviour change to optimise client compliance and results.

MODULE OVERVIEW: COURSE 4 OF 17

PERFORMANCE PT COACH LEVEL 1

#No	Module Code	Module Name
20	CHPPT11	Mastering The Initial Consultation
21	CHPPT12	Structural Balance Assessment for All Populations
22	CHPPT13	Corrective Exercise Prescription
23	CHPPT14	Fundamentals of Program Design
24	CHPPT15	Exercise Technique Mastery



KEY LEARNING OUTCOMES

1. You will learn how to set your clients up for success from day one with an in-depth consultation and assessment process. This process will identify any mental, physical or lifestyle restrictions that could impede program results.
2. You will learn the fundamentals of behavioural change and how to plan, mentor and teach your clients to optimise compliance and program readiness.
3. You will learn how to prescribe corrective exercises for both prehab and rehab, giving you tools to build customised training programs safely and effectively for clients of all levels, genders and backgrounds.
4. You will learn to master over 100 key strength exercises crucial to developing specific, tailored and results-orientated programs for fat loss, hypertrophy and body re-composition goals.
5. You will learn the core principles of results-based program design for fat loss, hypertrophy, athletic performance and general wellness.

MODULE OVERVIEW: COURSE 5 OF 17

PERFORMANCE PT COACH LEVEL 2

#No	Module Code	Module Name
25	CHPPT26	Advanced Program Design for Strength
26	CHPPT27	Advanced Program Design for Hypertrophy
27	CHPPT28	Advanced Program Design for Fat Loss
28	CHPPT29	Advanced Energy Systems & Cardiovascular Exercise Program Design
29	CHPPT210	Modified Strongman Training



KEY LEARNING OUTCOMES

1. You'll learn advanced program design and periodisation strategies for strength development with amateur and elite athletes!
2. You'll learn advanced program design and periodisation strategies for hypertrophy, whether beginner, intermediate or advanced!
3. You'll learn advanced program design and periodisation strategies for fat loss with general population clients, weekend warriors and elite athletes.
4. You'll learn advanced cardiovascular methods that you can utilise to maximise fat loss for the general population and elite-level athletes alike, giving you a unique and dynamic skill set as a result-producing personal trainer.
5. You'll learn over 50 training systems and templates that you can plug and play into your fitness business no matter what stage you're at.

MODULE OVERVIEW: COURSE 6 OF 17

PERFORMANCE PT COACH LEVEL 3

#No	Module Code	Module Name
30	CHPPT311	Applied Muscle Testing for Optimal Performance
31	CHPPT312	Advanced Periodisation for Athletic Performance
32	CHPPT313	Advanced Periodisation for Physique Athletes
33	CHPPT314	Advanced Body Part Specialisation Techniques
34	CHPPT315	Program Design Peaking for Advanced Athletic Populations



KEY LEARNING OUTCOMES

1. You will learn advanced muscle and length tension assessment methods to optimise your client's physique and overall health biomarkers.
2. You will learn the latest research and periodisation modalities for athletic performance, rugby, MMA, weightlifting, powerlifting, track, and more!
3. You will learn the latest research on physique enhancement, program design and periodisation for bikini, bodybuilding, and figure and physique sports.
4. You will learn to target specific body parts from an aesthetic, structural balance, and athletic performance perspective.
5. You will learn how to peak athletes for elite-level events and to ensure they maintain optimal levels of performance to achieve record-setting results.

MODULE OVERVIEW: COURSE 7 OF 17

STRENGTH SYSTEM INTERNATIONAL CERTIFICATION LEVEL 1

#No	Module Code	Module Name
35	SSIC11	Structural Balance for Strength Development
36	SSIC12	Technique Fundamentals for the Key Lifts
37	SSIC13	Principles of Periodisation for Strength Development
38	SSIC14	Principles of Recovery for Strength Development



KEY LEARNING OUTCOMES

1. You will learn how to effectively conduct structural balance assessments to maximise strength development with gen pop clients and elite athletes.
2. You will learn how to prescribe prehab and rehabilitation exercises to reduce the risk of injury and ensure sustained strength progression.
3. You will learn how to master strength-specific exercise selection, including the squat, bench press, deadlift and all their variations for maximal client results.
4. You will learn the principles of periodisation for athletic performance and strength development and how to apply them to your program design.
5. You will learn advanced recovery strategies for strength goals, including how to program for them, client de-loading protocols and much more!

MODULE OVERVIEW: COURSE 8 OF 17

STRENGTH SYSTEM INTERNATIONAL CERTIFICATION LEVEL 2

#No	Module Code	Module Name
39	SSIC25	Movement Biomechanics for Athletic Performance
40	SSIC26	Functional Anatomy for Strength Development
41	SSIC27	Program Design Mastery for Strength Development
42	SSIC28	Training for Health & Injury Prevention



KEY LEARNING OUTCOMES

1. You will learn advanced biomechanics for exercise selection and key lifts that relate to building strength and muscle aesthetics for your clients.
2. You will understand functional anatomy concerning exercise prescription so that you can provide a more evidence-based approach to programming.
3. You will learn advanced program design principles for strength and hypertrophy development to use with general-population clients.
4. You will learn advanced programming methods for building world-class athletes in multiple sports like rugby, MMA, powerlifting, boxing and more.
5. You will learn how to master client longevity and consistency by integrating lifestyle, accessory therapies and programming to create epic results.

MODULE OVERVIEW: COURSE 9 OF 17

STRENGTH SYSTEM INTERNATIONAL CERTIFICATION LEVEL 3

#No	Module Code	Module Name
43	SSIC39	Training for Health & Injury Prevention
44	SSIC310	Tension Techniques for Strength Development
45	SSIC311	Advanced Functional Anatomy for Strength Development
46	SSIC312	Technique Mastery for Different Populations
47	SSIC313	Advanced Program Design for Different Populations
48	SSIC314	Advanced Program Design for Specialised Goals



KEY LEARNING OUTCOMES

1. You'll learn advanced lifting and recovery methodologies to enhance longevity and limit client injury risk.
2. You'll learn advanced functional anatomy concerning lifting for athletes and general population.
3. You'll learn how to master advanced techniques for clients to enhance results, enabling them to reach their full potential.
4. You'll learn how to program for special populations, including advanced periodisation strategies to ensure long-term progression year on year.
5. You'll learn elite-level programming and periodisation for multiple athletic sports and goals, giving you a competitive advantage as a strength coach.

MODULE OVERVIEW: COURSE 10 OF 17

BIOLAYNE NUTRITION COACH LEVEL 1

#No	Module Code	Module Name
49	BINC11	Macronutrient Fundamentals
50	BINC12	Understanding Energy Balance
51	BINC13	The Science of Fat Loss
52	BINC14	The Program with Weight Loss
53	BINC15	The Science of Reverse Dieting
54	BINC16	The Art of Behaviour Change
55	BINC17	The Fundamentals of Supplementation



KEY LEARNING OUTCOMES

1. You will learn evidence-based dietary program design to produce results with clients for fat loss, hypertrophy, athletic performance or general wellness.
2. You will learn about the science and physiology of fat loss and how to optimise body composition using the power of evidence-based nutrition.
3. You will learn the latest science around nutrition approaches, including low-carb, high-carb, isocaloric, ketogenic, IIFYM, intermittent fasting and more.
4. You will learn when or when not to apply different nutrition protocols depending on the client's physiology, goals and overall psychology.
5. You will learn about evidence-based supplementation, how to prescribe it, and when to use it safely to enhance results with your clients.

MODULE OVERVIEW: COURSE 11 OF 17

BIOLAYNE NUTRITION COACH LEVEL 2

#No	Module Code	Module Name
56	BINC21	Nutrition for Fat Loss
57	BINC22	Advanced Nutritional Methodologies
58	BINC23	The Science of Refeeds & Diet Breaks
59	BINC24	Advanced Training Principles for Fat Loss
60	BINC25	The Contest Prep Process
61	BINC26	The Science of Peak Week for Physique Athletes
62	BINC27	Show Day Nutrition Strategies
63	BINC28	The Art of Post-Comp/Photoshoot Programming
64	BINC29	Supplementation for Advanced Populations



KEY LEARNING OUTCOMES

1. You will learn advanced nutrition protocols to optimise fat loss and body composition results with intermediate and advanced clientele.
2. You will learn the science of re-feeds, diet breaks and “cheat” meals. When to use them, how to use them and when NOT to.
3. You will learn how to integrate strength training programs effectively into your dietary advice to create epic transformations with your clients mentally and physically.
4. You will learn how to prescribe evidence-based nutrition and supplement protocols for physique athletes at the amateur and pro level!
5. You will understand how to nutrition coach physique athletes or clients for photo shoots, ensuring they peak aesthetically on time and don't rebound post-event.

MODULE OVERVIEW: COURSE 12 OF 17

PT BUSINESS ESSENTIALS

#No	Module Code	Module Name
65	PTBE1	How to Be More Productive as a PT
66	PTBE2	How to Become a Subject Matter Expert
67	PTBE3	How to Build a World-Class Fitness Brand
68	PTBE4	Sales Mastery for Personal Trainers



KEY LEARNING OUTCOMES

1. You'll learn how to set goals, create habits and become more productive as a #fitpro to maximise your return on time investment.
2. You will learn how to "learn more to earn more" through making strategic investments with your time and money to become a niche-dominating expert.
3. You will learn the core marketing fundamentals you must master if you wish to be successful as a PT in person, online or in your fitness studio.
4. You will learn a step-by-step process to improve your close rate when prospecting clients, helping you become an expert in selling your product.
5. You will learn about the systems you need to develop as you scale your business to enhance your career, longevity and profitability.

MODULE OVERVIEW: COURSE 13 OF 17

SOCIAL MEDIA MASTERY FOR FITNESS PROFESSIONALS

#No	Module Code	Module Name
69	SMM1	Why Social Media Is King
70	SMM2	Technology Essentials for Content Creators
71	SMM3	Marketing Essentials for Online Coaches
72	SMM4	Understanding Each Social Platform
73	SMM5	How to Choose and Create Content Types
74	SMM6	Calls to Action to Drive Lead Acquisition
75	SMM7	How to Scale Online Long-Term



KEY LEARNING OUTCOMES

1. You will learn why social media is number 1 in generating organic leads and HOW you can leverage it within 30 days to change your life.
2. You will learn what technology to use and how to use it so that you can become an expert content creator on any social platform.
3. You will learn how to market yourself in a way that builds trust and enables you to carve out an audience that converts in a saturated marketplace.
4. You will learn about all social platforms, when and how to use Instagram, YouTube, Tik-Tok, LinkedIn and Facebook, depending on your audience.
5. You will learn how to scale your online fitness coaching business long-term, the systems, strategies and everything else you will need to scale beyond 6-figures.

MODULE OVERVIEW: COURSE 14 OF 17

FAT LOSS TRANSFORMATION SECRETS

#No	Module Code	Module Name
76	FLTS1	Course Introduction & Learning Outcomes
77	FLTS2	The Fundamentals of Fat Loss
78	FLTS3	Lifestyle Considerations for Fat Loss
79	FLTS4	Nutrition Considerations for Fat Loss
80	FLTS5	Training Considerations for Fat Loss
81	FLTS6	Integration of Lifestyle, Nutrition & Training



KEY LEARNING OUTCOMES

1. You'll learn how to assess clients effectively to build transformation programs that get results safely and effectively within as little as 12 weeks.
2. You'll learn the foundational principles and science of fat loss so that you understand the physiology behind body composition transformations.
3. You'll learn critical lifestyle interventions to maximise fat loss, such as sleep, stress management and more, to provide a holistic service to your clients.
4. You'll learn the core nutrition and training principles needed to optimise fat loss and body composition transformations over 12, 24 and 52 weeks.
5. You'll learn the most "bang for your buck" exercises to prescribe for fat loss transformations, including periodisation models to ensure sustained results.

MODULE OVERVIEW: COURSE 15 OF 17

BUILDING THE ULTIMATE SQUAT BY SEBASTIAN OREB

#No	Module Code	Module Name
82	BUS1	The Fundamentals of Squat Mechanics
83	BUS2	Lower Body Injury Prevention & Exercise Prescription
84	BUS3	Technique Mastery for the Lower Body Movements
85	BUS4	Program Design to Maximise the Squat & Lower Body



KEY LEARNING OUTCOMES

1. You will learn how to conduct physical assessments safely and effectively with clients to maximise lower body training and squat progression.
2. How to prescribe prehab and corrective exercises to rehab clients from lower-body injuries to ensure sustained progression in the squat.
3. You will learn how to coach and execute all the lower-body squat and posterior chain variations to improve lower-body function and strength.
4. You will learn to coach and execute accessory exercises to improve hypertrophy, strength and athletic performance.
5. Program design and periodisation for the squat and lower body performance for the general population and athletes.

MODULE OVERVIEW: COURSE 16 OF 17

EVIDENCE-BASED REVERSE DIETING BY LAYNE NORTON PHD

#No	Module Code	Module Name
86	ERD1	The Science of Reverse Dieting
87	ERD2	The Reverse Diet Program
88	ERD3	Coaching the Reverse Diet
89	ERD4	Next Steps as a Nutrition Coach



KEY LEARNING OUTCOMES

1. You'll learn the science of nutrition, especially regarding reverse dieting, refeeds and diet breaks.
2. You'll learn elite-level nutritional strategies to maximise fat loss for general population clients through elite-level physique athletes.
3. You'll learn a specific reverse diet system that you can apply with any client to help them "recover" from poor dietary advice and choices.
4. You'll learn how to coach compliance to optimise your client's adherence to your dietary advice.
5. You'll learn how to integrate nutrition coaching and the specialist of reverse dieting into your business to grow your client results and brand together.

MODULE OVERVIEW: COURSE 17 OF 17

CLEAN HEALTH LIVE 2023 CONFERENCE

#No	Module Code	Module Name
90	CH231	How to Set up the Ultimate Diet for Fat Loss with Dr Layne Norton
91	CH232	The Flexible Dieting Myth with Jackson Peos PhD
92	CH233	Program Design for Female Transformations with Hattie Boyle
93	CH234	Building the Ultimate Strength Athlete with Sebastian Oreb
94	CH235	How to Earn \$10k per month as an Online PT with Brian Mark
95	CH236	5,6 and then 7 Figures as an Online Coach with Hattie Boyle
96	CH237	From Near Dear to Success, the Story of My Last 12 Months with Jackson Peos
97	CH238	How to Build a 1mil+ Followers organically on Social Media with Cole Da Silva
98	CH239	How to Get Gen Pop Clients Photoshoot Ready in 12 Weeks with Layne Norton
99	CH2310	How to Never Work Another Day in Your Life as a Personal Trainer with Daine McDonald

KEY LEARNING OUTCOMES

1. You'll learn the science of nutrition, dietary systems, female transformation and fat loss for gen pop and athletes.
2. You'll learn how to create results-based programs for strength athletes at the amateur and professional levels.
3. You'll learn how to grow a successful online fitness business from scratch using the power of social media.
4. You'll learn how to overcome adversity and turn your life around in 12 months using the power of free will, choice and habits to create your new reality.
5. You'll learn how never to work another day in your life and create a life on your terms that is impactful, fulfilling and profitable.

5 PROGRAM SUPPORT AND EXPERIENCE

The Clean Health Online Personal Trainer Certification has no intake or start date, meaning that it can be done at your own pace, from anywhere and at any time.

Our online learning experience has been researched extensively to focus on optimising your learning journey, helping you complete your course confident and ready to apply what you've learned!

FROM THE DAY YOU SIGN UP, YOU WILL GET ACCESS TO OUR STUDENT MENTORING GROUP AND OUR CLEAN HEALTH MASTER COACHES AND EXPERTS TO HELP MENTOR YOU INTO AN INDUSTRY-LEADING PERSONAL TRAINER WITH MONTHLY CALLS, Q&A AND MORE!

The program is delivered via interactive videos, both real-world and animated, online textbooks and virtual live masterclasses (that are also recorded) for your convenience.

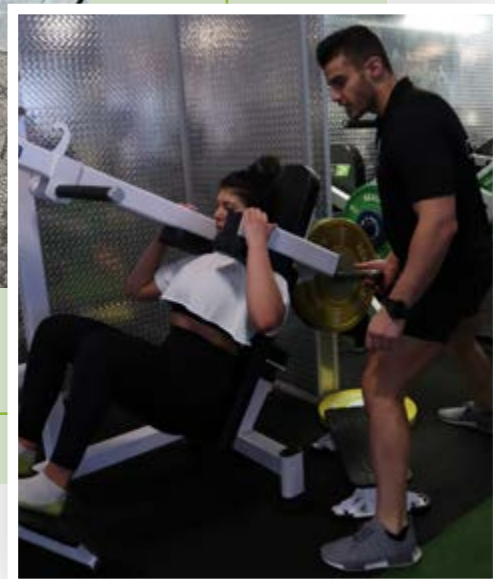


6 COURSE DURATION AND PRACTICAL HOURS

The program has approximately 260 hours of course content to go through, and from our feedback and student surveys, the average completion times are as follows:

Study Hours Per Week	Approximate Time to Complete
5 Hours	10-12 Months
10 Hours	6-8 Months
15 Hours	4-6 Months
20 Hours	3-4 Months
40 Hours	2-3 Months

Oh, and best of all, you have 24 months to complete this program if life gets in the way and you have difficulty allocating time during periods.



7 YOUR FUTURE JOB POSSIBILITIES

With this program, you'll be able to work as an online personal trainer and nutrition coach instantly!



As a globally accredited fitness institute, we have over 1000+ partners across the UAE, North America, the UK, Asia, and Australia, allowing us to provide our students with career pathway options with some of the world's leading online personal training brands, as seen below.



8 CAREER INVESTMENT OPTIONS

We have multiple payment options to suit your budget, from upfront to 12-month payment plans. So, no matter your current budget, we have a plan for you.



WE HAVE ALSO PARTNERED WITH ZIP PAY,
ALLOWING YOU TO BUY NOW WITH \$0
DOWN, INTEREST-FREE OPTIONS TODAY!

LEARN MORE





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It is not intended to be comprehensive to non-qualified fitness professionals and personal trainers, nor does it constitute medical advice in any way. This course guide is a compilation of research, ideas, concepts, ideologies, philosophies and opinions of the author, Clean Health Education Pty Ltd.

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Publisher

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