

Certificate Number: **AC-5464-31122129**

This is to certify that the management of Alison awarded Vincent Kriele the certificate of completion in Muscle Building Without A Gym under the category Health on 10th May 2023.

Validation: You can check authenticity of this certificate by visiting the following link:

<https://alison.com/certification/check/%242y%2410%24w9iT3apkZ9aWFuwVI4K.5yS9WLM3qhksjwk.URuEbLtUciR1fdS>

Name: **Vincent Kriele**



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Country: **Netherlands**

Certificate Details



Muscle Building Without A Gym

[Score: 92]

Course Details

Several variables influence muscle formation, including hormones such as testosterone and growth hormone as well as the availability of amino acids and other nutrients. We begin this health and fitness course by exploring the science behind muscle. We then dispel some myths about muscle building and discuss what to expect as a beginner. We help you to identify the most important fat-loss and muscle-building formulas. We explain how to build muscle successfully and discuss what you should consider when trying to lose fat.

The course explains how to draw up, implement and stick to a bodyweight workout programme. We lay out the exercises that will help you build muscles, including compound exercises. We discuss activities that will help you build muscle in your legs, back, chest, arms and other desired body parts. The course provides useful techniques you can use to maintain your discipline and motivation as you successfully reach your fitness goals. We help you answer questions like 'can you build muscle and lose fat at the same time?' and 'what environment can help me to build muscle and lose fat?'

Maewe Richardson

Director of Certification



Modules Studied

Introduction to Muscle Building Without a GYM

Course assessment

Maeve Richardson

Director of Certification

