**[About Us](https://www.facebook.com/notes/strength-and-body-recomposition/about-us/483712925093170)**

Strength and Body Recomposition (SBR) is an educational resource dedicated to providing coaches, trainers and trainees with the best information available in the areas of strength and body recomposition (muscle gain and fat loss).

Each month 2-4 in-depth articles are posted from one of the following areas:

1. Psychology/Philosophy

2. Exercises (in depth analysis of how to perform exercises with videos of athletes actually performing a work set)

3. Programming/Training (intensity, volume, frequency, periodization etc.)

4. Diet

5. Recovery (all methods to enhance recovery e.g. foam rolling, sleep etc.)

6. Product Review (reviews of any products like books that would be useful, especially for coaches/trainers)

7. Research/Statistics (boring yes but vital if you want to learn to read research and apply it appropriately)

8. Coach/Trainer (issues that specifically face coaches and trainers)

In addition to the articles released every month, a discussion forum will be open where any questions and topics can be asked/discussed. It will also be an opportunity for fellow coaches/trainers to network.

SBR can be purchased as either a monthly subscription ($10 per month) or a yearly one ($100) which gives full access to all content that has been released up until the time of joining.

**Why Choose SBR???**

Scientific: Every article that is written takes into account the latest research available in the scientific literature, providing you with the best information that science can currently offer.

Practicality: While scientifically based, every article that is written also relies on observation, personal experiences of others and tacit knowledge (knowledge obtained from doing).

Integrity: SBR prides itself on being an objective source. No affiliations do or will exist with other businesses to remove the possibility of any bias or hidden agendas (which are more common than most think).

Support: Whether you are a seasoned coach/trainer, just getting started or simply want to know more about how best to optimise your training, diet and mental approach, support will always be available through the group’s forum where questions can be asked and answered.

Cost: At $10 a month, this is a very cost effective strategy for coaches, trainers and trainees alike to improve their knowledge without breaking the budget. In fact, knowledge gained from SBR will likely SAVE you money in the long term.

**How to Join**

SBR is a subscription-based resource but you are not locked in to any contracts. In fact, at any time you want you can cancel your subscription, no questions asked.

To join, send us an email to the address below and we will walk you through the very simple steps to join:

[StrengthBodyRecomp@outlook.com](mailto:StrengthBodyRecomp@outlook.com)

**“Knowledge is Power”**