

Grow Your Bootyful ASset: Why & How **Make it Functional and Sexy**

Course Overview

Getting aesthetically pleasing gluteus (booty) has been a sensation, and it is like the new abs. With the modern sedentary lifestyle that may inhibit gluteal muscle mind and muscle connection, understanding the common issues related to inactive gluteus and its solutions is the essential aspect in maximizing the results of the training.

Course Highlights

1. Can't feel your glutes? Try this
2. Training Strategies to Grow an All-Rounded Glutes
3. Lower Body Training Strategies for Women and Bikini Athletes

Course Objectives

1. Learning how to reduce muscular tension in the tight muscular and also incorporating activation drills to improve mind & muscles connections before commencing training the gluteus with higher intensity.
2. Gain understanding how the three important factors: mechanical tensions, muscular damage, and metabolic stress to elicit hypertrophic response.
3. Incorporate the three types of exercises: the stretcher, the activator, and the pumpers into the program design to improve gluteal function, performance and also size.
4. Gain understanding the suitable training volume that leads to growth. Equipped with the abovementioned information, learn how to build your own program to grow the gluteal muscles.

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course EduTrainer

Sebastian Tan, *ACE CPT-HC, Rehab Trainer (Aus), B. Social Science (Psychology)* Fitness EduTrainer FEA, Personal Trainer

Course Provider

Fitness Edutraining Asia (FEA)

Fitness Edutraining Asia (FEA)

CEC Points

ACE 0.1 CECs

Course Duration

120 minutes

Learning Materials

Presentation slides

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Stationery

Course Capacity

16 pax

Language

Information displayed above is correct during time of publishing and may subject to change without prior notice