

Become a ISSA CERTIFIED GLUTE SPECIALIST!

Whether it's for function, form, or figure - glutes are arguably the #1 area clients want to train. Now you can make clients' ideal glutes a reality as an ISSA Certified Glute Specialist! The first and only certification of its kind - ISSA's Certified Glute Specialization focuses completely on this in-demand service.

Why Become a Certified Glute Specialist?

You can't just squat your way to stronger glutes. And now with the increased awareness of the role this muscle group plays in injury prevention, performance, AND looking fit - glute training is in demand! Teach clients how to activate these muscles with specific exercises to achieve the look they want and the function they need.

After becoming certified as an ISSA Certified Glute Specialist, you'll design targeted lower body exercises to build programs clients will pay top dollar for. Why? Because it's something they can't achieve on their own - they need YOU.

You'll own the glute market and promote yourself as the master in maximizing the gluteus maximus, medius, and minimus.

Specializing in Glute Training is the answer if you want to:

- Be an expert with the industry's most IN-DEMAND service
- Deliver training that's targeted on what the CLIENT wants
- Make more MONEY
- Add more STATUS to your resume
- PERFECT your own training program

When it comes to glute training, there's a common misconception: lunging, squatting, or deadlifting more delivers results. But this is ISSA, so we're giving you the actual science behind glute training to get real results.

One size does NOT fit all when it comes to building stronger glutes.

So, how do you help clients build better glutes? As an ISSA Certified Glute Specialist, you'll earn the first certification that dives into the anatomical role glutes play in training the entire body. Once certified, you'll be the expert on how the glutes drive human movement and stability, and how to help clients achieve the results they're looking for.

Ready to Lunge Into Glute Training?

On your path to becoming a Certified Glute Trainer, you'll cover:

- [How to Build the Perfect Glutes](#)
- [Corrective Exercises for Glute Strength & Performance](#)

About the International Sports Science Association (ISSA): Since, 1988, The ISSA is the world leader in fitness education and delivers comprehensive, cognitive and practical distance education for fitness professionals, grounded in industry research, using both traditional and innovative modalities. Founded by leading fitness researchers, PhDs and elite practitioners, the ISSA now offers 24 fitness certifications and has certified over 400,000 trainers in 174 countries.

- [Why Client Glutes Aren't Growing](#)
- [How You May Be Training Glutes The Wrong Way](#)

What Will I Learn As An ISSA Certified Glute Training Specialist?

The ISSA Glute Training Specialist COURSE teaches trainers the science behind building better glutes and how to focus on these muscle groups to give clients the best results. You'll learn how to unlock the hips, create better programming, and deliver envious results. You'll master the art of developing a superior posterior and be the go-to glute expert!

In ISSA's Glute Training Course, You'll Learn:

- Glute-focused trends and training
- Movement patterns
- Client assessments and forms
- Anatomy & activation, strength, and hypertrophy exercises
- Common hip and glute dysfunctions
- Marketing, communication, and professionalism as a glute trainer

As a Certified ISSA Glute Specialist, you'll offer clients training and results like never before.

Who Are ISSA Glute Specialists?

ISSA Certified Glute Specialists want to give clients the glutes they never could achieve before. Knowing how the glutes ultimately affect overall muscular function, ISSA Glute Specialists provide clients with direction and coaching to see "post-worthy" results.

What's Included with the ISSA Glute Specialist Course?

- ISSA Certified Glute Specialist Textbook (Downloadable & Printable). Table of Contents as the end of this Course Description.
- Guided and Structured Study
- Chapter Quizzes to Help You Master the Materials: 13 sets of quiz, 10 questions/ set
- Learn at Your Own Pace Lessons
- Library of Client Forms
- Online Final Exam: 100 multiple-choice questions and 6 essays
- Unlimited Education Support

Frequently Asked Questions:

1. Pre-requisite?
Must be 18 year old and have proof of current CPR/AED certification
2. What is required to get my certificate?
You must meet the following:
 - Submission of all course quizzes
 - a score of 75% or better on all sections of the final examination: 100 Multiple Choice, 3 Essay Questions, Untimed/Open Book Exam. 1 Retest included.
 - Proof of current Adult CPR/AED certificate

3. Is there any deadline for the exam?
You must take the exam within 8 months or you will have to pay a \$10 a month extension fee (up to four). After certified, you can still visit the course materials as long as you have an account with ISSA.
4. What happens if I fail my examination?
If you fail any portion of your Examination, you will be offered the opportunity to resubmit that portion of the examination, free of charge. (This is known as your second attempt at the examination.) Each retest beyond the second attempt (e.g., third attempt, fourth attempt, etc.) will incur an administrative fee.
5. Is there are an expiry date for the certification?
ISSA trainers are required to renew their certification every 2 years. This process consists of a renewal fee, updated CPR/AED certification, and documentation stating the completion of 20 Continuing Education Units (CEUs). (Please note, fulfillment of this specification is required of trainers only after they have received certification through ISSA. CEUs are not a prerequisite to receiving certification.)

All ISSA Professional Trainers maintain their professional status by:

- Submission of the CE Report Form and accompanying documentation of acceptable CE hours completed during the previous 2-year certification cycle. These documents can be uploaded online at: ISSAtrainer.com, under My Account.
 - Proof of a valid Basic Adult CPR/AED certification.
 - Payment of renewal fees.
6. Renewal Fee
 - \$0 if all 20 CEU credits are obtained through ISSA
 - \$99 if CEU credits were earned outside of ISSA
 - Late Fees: \$40 (3 - 6 months late), \$50 (6 - 12 months late)
 - All renewal fees are non-refundable
 7. Table of Contents for ISSA Certified Glute Specialist Textbook

Table of Contents	MOVEMENT PREPARATION	Motivational Interviewing
	Deactivation	Motivational Posts on Social Media
FOUNDATIONS OF GLUTE TRAINING	Applications of Deactivation	Creating a Members-Only Facebook Group
The Glute Obsession		Offering Group Training Sessions
Body Shape over the Years	ACTIVATION	Sending Story-Based Emails
Essential Strength	Activation for Balance	Following Up Regularly
Beyond the Squat	Glute Activation	Motivating New Moms
	Adductor Activation	Motivation for Mothers
THE KINETIC CHAIN	Hamstring Activation	Goal Setting for All Clients
Neuromuscular Control	Piriformis Mobility	Tips for Setting Effective Fitness Goals
Muscles as Movers		
Skeletal Muscle Structure and Function	HYPERTROPHY AND STRENGTH TRAINING	MARKETING YOURSELF AS A GLUTE TRAINER
The Kinetic Chain	Hypertrophy Programming	Marketing 101
Alternate Checkpoints	Loading and Force Vectors	Your Niche
	Glute Strength and Hypertrophy	
CLIENT INTAKE AND ASSESSMENT	Hamstring Strength and Hypertrophy	PROFESSIONALISM AND BEST PRACTICES
Physical Assessments	Combination Exercises	Scope of Practice
Movement Assessments	Athletic Considerations	Fitness Communication
		The Bottom Line
LUMBOPELVIC HIP COMPLEX STRUCTURE & FUNCTION	NUTRITION AND SUPPLEMENTATION	
Lower Body Anatomy	Energy Balance	APPENDIX A - CLIENT FORMS

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Glute Structure and Function	Nutrition for a Training Goal	
Muscle Insertions, Origins, and Actions	Food Sources of Carbohydrates	APPENDIX B - 6-WEEK GLUTES TRAINING PROGRAM
	Food Sources of Protein	Weeks 1-2: Foundational Training
GLUTE AND HIP DYSFUNCTIONS	Nutritional Sources of Fats	Weeks 3-5: Strength Training
Inactive Glutes	Macronutrient Sources	Week 6: Metabolic Training
Piriformis Syndrome	Common Supplements	
Tight Hip Flexors		APPENDIX C - TRENDING DIETS
ITB Syndrome	MOTIVATING CLIENTS	Navigating Successful and Trending Diets
Pelvic Tilt	Keeping Clients Motivated	Defining "Diet"
Asymmetrical Weight Shift	The Tools of Motivation	Fad Diets
	Using Social Media to Motivate	Current Trending Diets
TRAINING PROGRAMMING	Social Media and Self-Motivation	The Most Effective Diets
Principles of Program Design	Practical Application	References
Acute Training Variables	Every Client Is Unique	
Periodization	Motivating Online Clients	

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