

Bootylicious - Training Techniques And Programming To Build 3D Glutes

翹臀全攻略 - 塑造立体臀部的训练技巧与计划

Discover better exercise techniques and programming strategies to enjoy complete gluteal muscle development

探索更好的运动技巧和编程策略，享受完整的臀部肌肉发展。

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.

课程概述:

拥有蜜桃臀- 美观的臀部肌肉已经成为一种风靡，就像拥有清晰的六块腹肌一样。随着现代久坐的生活方式可能会抑制臀部肌肉的意识和肌肉连接，理解与不活跃的臀部肌肉相关的常见问题及其解决方案是最大化训练成果的关键。

Course Highlights/Objectives:

- Understand the key factors that contribute to attractive glutes
- Assess different gluteal shapes (e.g., square, round, heart, inverted) and provide targeted improvement strategies
- Modify exercise techniques to maximize gluteal stimulation
- Learn how to select glute-focused exercises effectively
- Design glute training programs for entry-level, beginner, intermediate, and advanced exercisers
- Apply corrective exercise strategies to address inactive glutes and poor lower body movement patterns
- Implement glute-focused movement preparation technique
- Experience effective glute-focused workout

課程重點 / 目標:

- 了解影響臀部吸引力的關鍵因素
- 評估不同的臀型（例如：方形、圓形、愛心型、倒三角形），並提供針對性的改善策略
- 調整訓練技巧以最大化臀部肌群的刺激
- 學習如何有效選擇以臀部為主的訓練動作
- 為入門者、初學者、中階者及進階者設計臀部訓練計畫
- 應用矯正性訓練策略以改善臀部無力與下肢動作模式不良的問題
- 實施以臀部為核心的動作準備技巧
- 體驗有效的臀部專注訓練課程

Course Outline:

30 minutes - Glute Anatomy (Theory)
90 minutes - Exercise Techniques (Practical)
30 minutes – Corrective Strategies (Theory-Practical)
90 minutes - Gluteal Programming (Theory-Practical)

课程大纲:

30 分鐘 - 臀部解剖學 (理論)
90 分鐘 - 動作技術 (實作)
30 分鐘 - 矯正策略 (理論 + 實作)
90 分鐘 - 臀部訓練規劃 (理論 + 實作)

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

谁将受益于此课程?

- 健身专业人士
- 强度和训练专业人士

Pre-requisite

This course is designed for fitness professionals who wish to learn how to help clients with complete gluteal muscle development. Basic fitness instructing/personal training certification recommended.

先决条件

此课程适用于希望学习如何帮助客户实现完整臀部肌肉发展的健身专业人士。建议具备基本健身指导/私人教练证书。

Course Provider 课程研发者

Fitness Edutraining Asia (FEA)

CEC Points 学分

ACE 0.4 CECs ; NASM 0.4 CEUs

Course Duration 时长

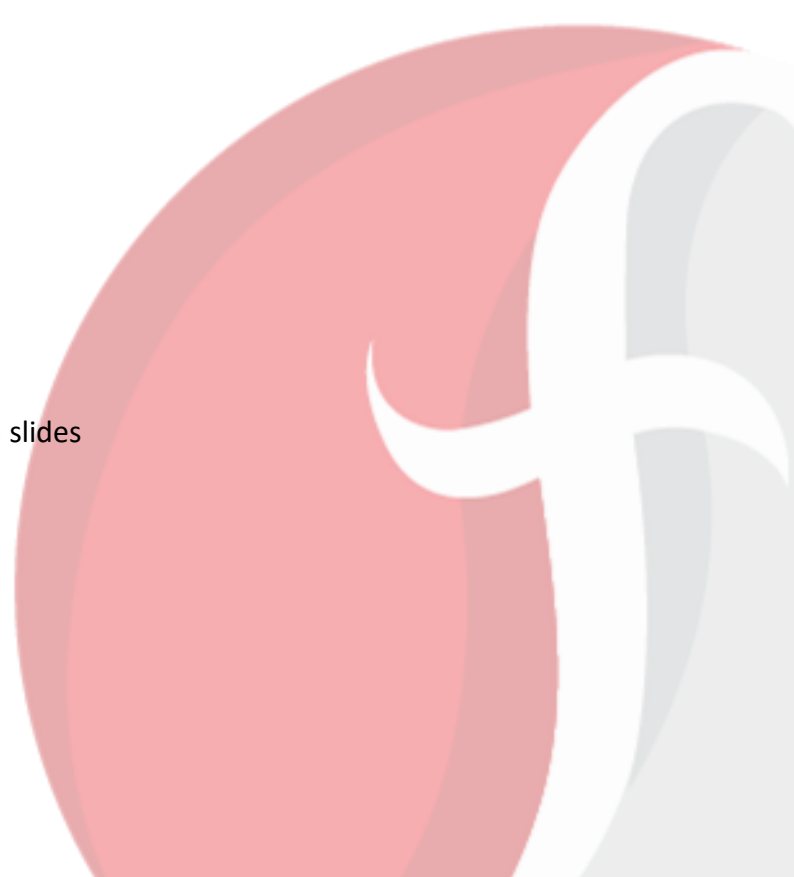
4 hours (1 day) 4 小时

Learning Materials

Handouts, course manual and/or presentation slides

学习材料

讲义、课程手册和/或演示幻灯片



Awards

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

证书

完成本次研讨会/课程并出勤后，将获得完成研讨会/课程的证书。

Grading Criteria

Completion of course participation and assignment(s)

评分标准

完成课程参与和作业

Recertification 重新认证

N/A 无

Exam Fee 考试费

N/A 无

Dress Code 着装要求

Fitness attire 健身装备

What Do I Need To Bring?

Stationery and a spare change of clothes

我需要带些什么？

文具和备用衣物

Course Capacity 课程容量

A minimum of 12 pax and a maximum of 20 pax 最少 12 人，最多 20 人

Language 语言

English 英文教学，中文翻译

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

以上信息在发布时正确，如有更改，恕不另行通知。