Bootylicious - Training Techniques And Programming To Build 3D Glutes

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

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/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

Course Outline:

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

Who Will This Benefit?

• Fitness Professionals
• Strength and Conditioning Professionals

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.
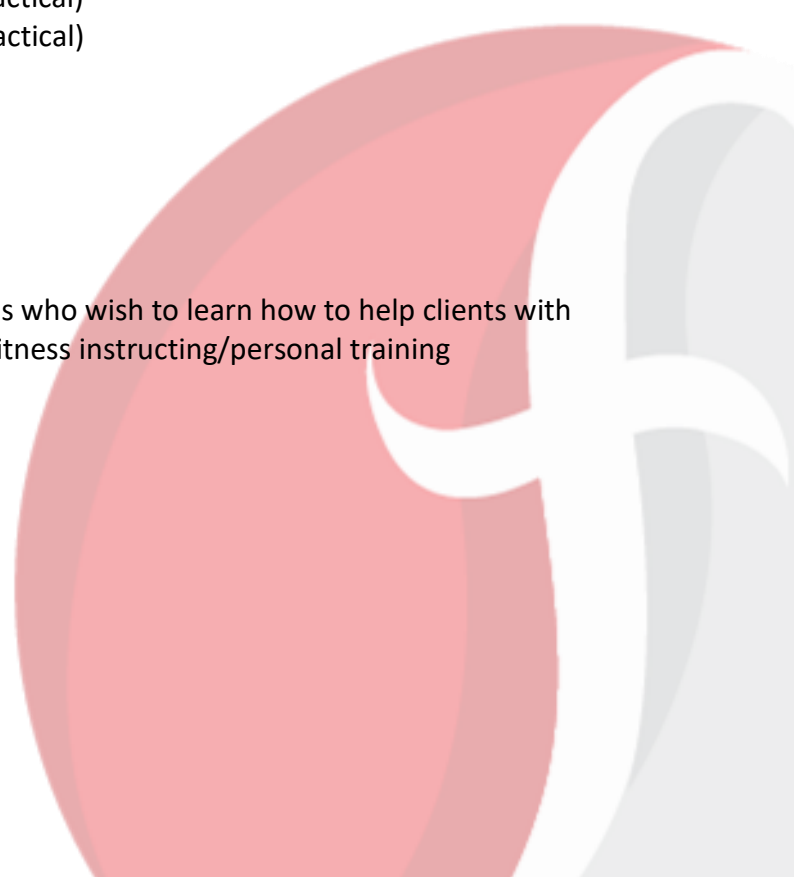
Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

ACE 0.4 CECs ; NASM 0.4 CEUs

Fitness Edutraining Asia (FEA)

Course Duration
4 hours (1 day)

Learning Materials
Digital course slide handouts

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 and a spare change of clothes

Course Capacity
A minimum of 6 pax and a maximum of 25 pax

Language
English

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

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