

# 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

- Assess shape of Gluteal (eg: Square, Round, Heart, Inverted) and provide solution to improve
- Exercise programming to bootylicious: Function, Exercise Technique and Intensity, Volume & Frequency
- Exercise selection and troubleshoot
- Glute Training programme for: Entry, Beginner, Intermediate and Advanced level of exercisers

## Course Objectives

1. Learn glute anatomy
2. Learn exercise techniques to target the gluteal muscles
3. Develop progressive hypertrophy programme for gluteal muscles

## Course Outline:

30 minutes - Glute Anatomy (Theory)

90 minutes - Exercise Techniques (Practical)

60 minutes - Gluteal Programming (Theory)

60 minutes - Glute Programme (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

**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 12 pax and a maximum of 20

**Language**

English

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