

Bootylicious - Training Techniques And Programming To Build 3D Glutes

翘臀全攻略 - 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 课程概述：

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.

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 课程亮点：

- Assess shape of Gluteal (eg: Square, Round, Heart, Inverted) and provide solution to improve
评估臀部形状（例如：方形、圆形、心形、倒置形）并提供改进的解决方案
- Exercise programming to bootylicious: Function, Exercise Technique and Intensity, Volume & Frequency
臀部塑形训练计划：功能、运动技巧、强度、量和频率
- Exercise selection and troubleshoot
运动选择和故障排除
- Glute Training programme for: Entry, Beginner, Intermediate and Advanced level of exercisers
针对入门、初学者、中级和高级运动员的臀部训练计划

Course Objectives 课程目标：

1. Learn glute anatomy
学习臀部肌肉解剖学知识
2. Learn exercise techniques to target the gluteal muscles
学习针对臀部肌肉的运动技巧
3. Develop progressive hypertrophy programme for gluteal muscles
制定渐进式臀部肌肉肥大训练计划

Course Outline 课程大纲：

30 minutes - Glute Anatomy (Theory)

30 分钟 - 臀部解剖学（理论）

90 minutes - Exercise Techniques (Practical)

90 分钟 - 运动技巧（实践）

60 minutes - Gluteal Programming (Theory)

60 分钟 - 臀部训练编程（理论）
60 minutes - Glute Programme (Practical)
60 分钟 - 臀部训练计划（实践）

Who Will This Benefit? 谁将受益于此课程？

- Fitness Professionals
健身专业人士
- Strength and Conditioning Professionals
强度和训练专业人士

Pre-requisite 先决条件

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.

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 学习材料

Digital course slide handouts
电子课程投影片讲义

Awards 证书

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

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 评分标准

Completion of course participation and assignment(s)
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? 我需要带些什么?

Stationery and a spare change of clothes

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。