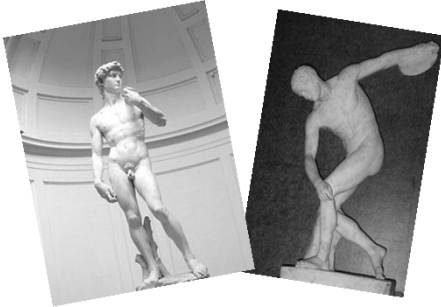


Chiseled Abs & Sculpted Glutes



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- Veteran author & fitness educator
- Co-chair, Eating Disorders Coalition of TN
- Board member, Nashville Arthritis Foundation



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Precursors to Chiseled Abs & Sculpted Glutes

- Develop core stabilization first:

- Bodyweight Squats x 10
- Back Extension in Neutral x 2 minutes
- Plank x 2 minutes
- Side Plank x 60 secs



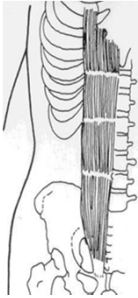
Should Women & Men Train the Same Way?



The Way to Chiseled Abs....

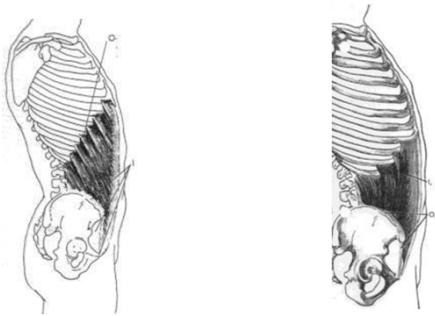


Rectus Abdominus



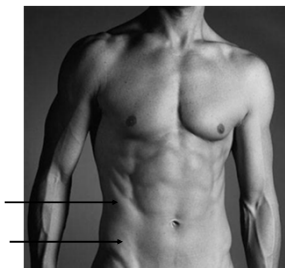
- Accelerates Spinal Flexion
- Decelerates Spinal Extension

Obliques: External & Internal



External & Internal Obliques

- Accelerate & Decelerate Trunk Rotation Contralaterally
- Accelerate & Decelerate Lateral Spinal Flexion Ipsilaterally



Military-Worthy Abs

- Target a variety of training variables with intensity:

- Compound sets
- Supersets
- Interval Blocks
- 1 1/3 or 1 1/2 reps
- Slow Tempo
- Static Holds



What Makes Great Abs?

- Genetic predisposition
- Low body fat
- Abdominal hypertrophy



Abdominal Training Order



- “lower abs”
 - leg lifts/hip flexion movements
- obliques
 - rotation & side bending
- “upper abs”
 - crunches/sit-ups

Supine Arm/Leg Lowering

- One-Arm Overhead
– w/ DB
- Two-Arms OH
– w/ Med Ball
- Two-Arms + One-Leg
– w/ counterbalance
- Reach Med Ball
Overhead



Russian Twist:

Swiss Ball Variation Shown

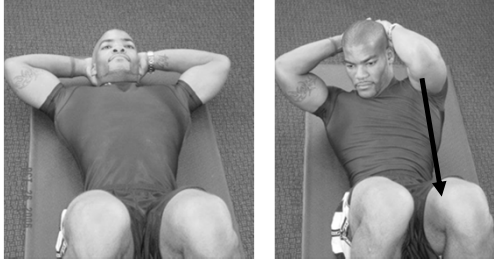


Try it with a medicine ball or a dumbbell

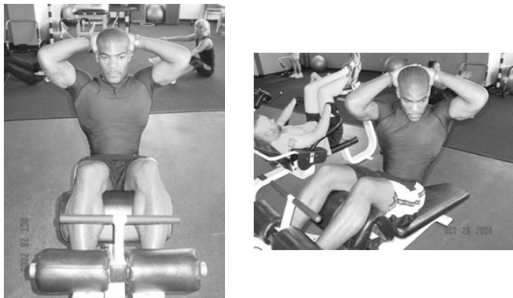
Saxon Side Bend



Supine Oblique Rotations
Flex spine & aim elbow towards
inner thigh on same side



Incline Rotations

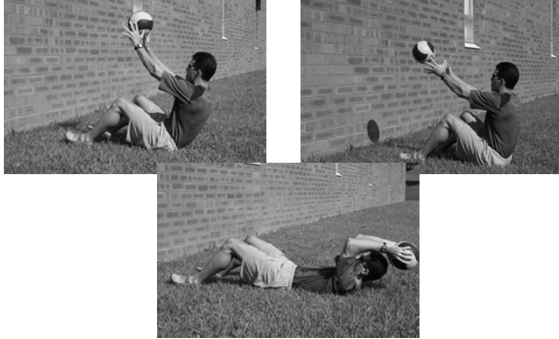


Med Ball Twists – Floor

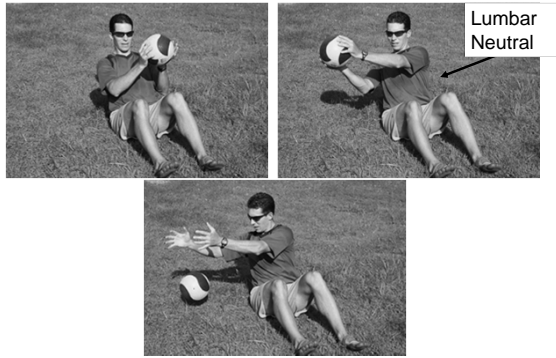


- Restricted Range of Motion
- Reach the ball away
- Around the world
- Partners in a line

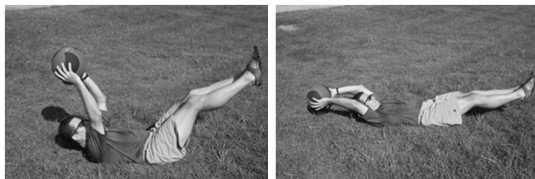
Sit-Up Med Ball Slams



Twister with Medicine Ball



Pullover Ab Crunch



Back position shoulder be "comfortable"...

Add crunch if tolerated by reaching the ball to the feet

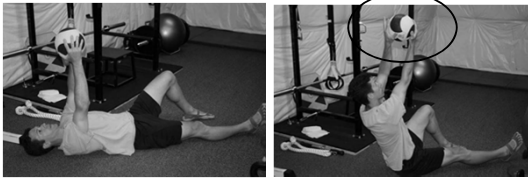
Medicine Ball Twist



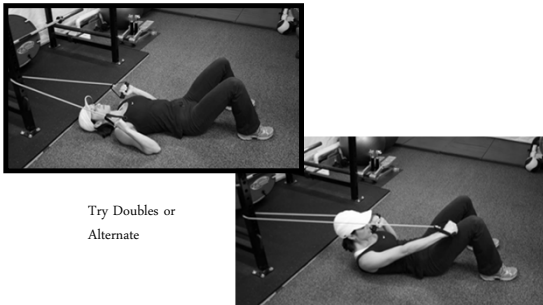
Medicine Ball acts as a counterweight and protects the low back

Sit-Up with Med Ball Twist

Twist the Shoulders;
Do Not TURN



Tubing Resisted Crunch & Punch



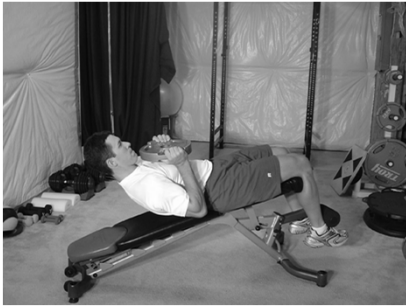
Try Doubles or
Alternate

Partner Sit-Ups



- Both Partners Get a Workout
- Spotter Maintains Neutral Spine
Stabilizing Knees
- Alternate Reaches

Weighted incline crunch



Medicine Ball Slams



- Lengthen Abdominals as Ball is Pressed Overhead
- Initiate Slam with Abs

Tubing Assisted Sit-Ups



Tubing Resisted Sit-Up

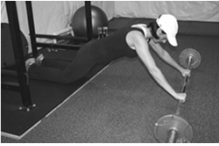


Abdominal Building Blocks

- Block 1:
 - Full Body Ab Crunch 20 reps;
 - Rest 30 sec
- Block 2:
 - Full Body Ab Crunch 20 reps
 - Leg Lifts 15 reps; Rest 45 sec
- Block 3:
 - Full Body Ab Crunch – 20 reps
 - Leg Lifts 15 reps
 - Sit-Ups x 10 reps



Abdominal Building Blocks



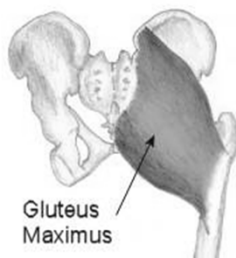
- Block 1:
 - Ab Rollouts 10 reps; Rest 30 sec
- Block 2:
 - Ab Rollouts 10 reps
 - Leg Scissors 30 reps; Rest 45 sec
- Block 3:
 - Ab Rollouts 10 reps
 - Leg Scissors 30 reps
 - Med Ball Twists

The Way to Sculpted Glutes



The Gluteus Maximus

- Accelerates Hip Extension & External Rotation
- Decelerates Femoral Internal Rotation & Extension
- Upper Fibers Abduct & Lower Fibers Adduct



The Gluteus Medius



- Accelerates Hip Abduction
- Decelerates Hip Adduction
- Stabilizes Hip in Neutral Standing

The Way to Sculpted Glutes



You Thought You Knew Squat...



- Functional exercise at its best
- What is full range of motion for a squat?
- Is it dangerous for the knees or back?
- Is one variation better than another?

Full Range of Motion Squats

- **START** with feet shoulder-width apart & externally rotate HIPS up to **30°**
- **BRACE** the trunk, and “Sit-Back” flexing the HIPS, then the KNEES
- Maintain a **NEUTRAL** spine (C-Spine also) as you descend slightly **BELOW** parallel
- Knees should be slightly in **FRONT** of the toes
- **IMMEDIATELY!** Return to the **START**

Properly Loading the Squat



- Back Squat
- Front Squat
- Overhead Squat
- Barbell vs. Dumbbell

The Most Effective Squat?

- Single leg variations
 - Improves co-activation of the hamstrings
 - Increase gluteal activation
- Back loaded barbell, Bulgarian or jumper’s squat
- Pistol squat



Frog Squats



- Stay in “Glute Zone”
 - 90 – 65 degrees of hip flexion
- Press elbows into thighs pressing the hips into abduction

The Box Squat



Jump Squats



Bulgarian Split Squat

- Use Contra-lateral Resistance
- Make it Explosive



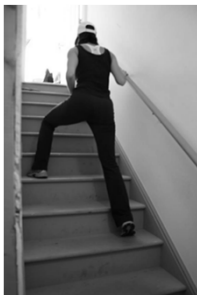
Step Down & Up

- Lower leg & return to standing position
- Climb Stairs in this Position



Stair Climbing

- Side-to-Side Stepping
- Add resistance for definition, hypertrophy



The Lunge

- Concepts
- Teaching Cues



Forward & Reverse Lunge



- What happens if the knee passes the toes?
- Forward lunge causes increased demands for deceleration on the quadriceps and gluteals
- Reverse lunge allows for more constant tension on the gluteals

Lateral Lunge

- Feet **MUST** remain parallel to each other
- Hip, knee and foot alignment
- Outer knee can remain slightly flexed or straight in the more advanced trainee
- Greater hip ab/adductor involvement



Reverse Sliding Lunge with KBs

Opposite Side



Same Side



Reverse Sliding Lunge – Bands

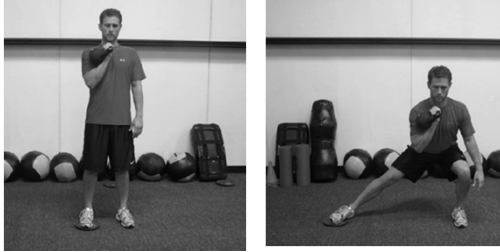


Crossover Lunge: Front & Rear



Don't Twist the Knee!

Lateral Slide Lunge With Kettlebell



Glute Lunge

- Step backward
- Neutral Spine
- Greater Hip Flexion Angle than Traditional Lunge
- Contra-Lateral Resistance (DB/KB)
- 6 – 15 Repetitions



Walking Lunges

- Forward traveling reduces knee stress and encourages more pull through from the glute and hamstrings



Glute Building Blocks

- Block 1:
 - Skating Lunges 30 sec;
 - Rest 30-45 sec
- Block 2:
 - Skating Lunges 30 sec
 - Squats 10 reps; Rest 60-75 sec
- Block 3:
 - Skating Lunges 30 sec
 - Squats 10 reps
 - SB Leg Curl 20 reps



Glute / Ab Challenge

- Block 1:
 - KB Swings x 5
- Block 2:
 - KB Swings x 5
 - Ab Rollouts x 10
- Block 3:
 - KB Swings x 5
 - Ab Rollouts x 10
 - Squats x 15 reps
- Block 4:
 - KB Swings x 5
 - Ab Rollouts x 10
 - Squats x 15
 - MB Rotations x 20
- Block 5:
 - Add Bulgarian Squats x 25

Glute n' Ab Challenge



- 10 Kettlebell Swings
- 20 Ab Rollouts
- Sprint 100 yards (50 out and back)
- Complete 5 Rounds for Time

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