

Webinar Information Sheet

Webinar Title: *Beach Body Workout: Ripped Abs, Killer Ass*

Course Description: This fascinating course takes a fresh look at looking good. Learn the necessary variables that deliver ripped abs and killer asses. Take an in-depth look at body fat requirements to see 6-pack abs! You'll finish by learning some of the hottest abdominal and glute training drills that will allow your client to understand what it takes to develop ripped abs and a killer ass.

Objectives:

- After viewing this webinar, you will be able to:
 - Define variables that affect visible definition of abdominal muscles.
 - Identify the muscles and movements of the core.
 - Explain how to safely progress core training.
 - Demonstrate at least four exercises to develop defined abs and strong glutes.
 - Distinguish between various types of deadlifts.

Target Audience: Fitness Professionals, Strength and Conditioning Specialists, ATs, PTs, PTAs, LMTs.

Schedule and Format: Self-paced recorded webinar.

Registration Fees: See our website for details: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind and ask for a full refund. Just notify us within the three day window and then return the book to use in saleable condition. That's it. No questions asked.

Course Developer and Presenter Credentials:

Pete Rohleder, MS, CSCS

A 17-year exercise and fitness industry professional, Pete Rohleder has helped thousands achieve their health, fitness, and performance goals. Pete is an expert at bridging the gap between movement science and real-world application. His passion is to provide tangible takeaways to his students and clients so they can achieve efficient, lasting results. Pete owned and operated Pure Fitness Rx, a training studio focused on fitness, performance, and movement improvement through innovative, science-backed strategies. Pete was the State Fitness Consultant for the Miss Kansas America Pageant, and continues to consult with contestants, athletes, clients, and trainers. Pete has been teaching in higher education since 2011 and is currently a Clinical Instructor and the Program Coordinator for the

Undergraduate Exercise Science Program at Georgia State University. Pete is also the host of the 'More to Movement' podcast, where he discusses the science behind movement and provides solutions to help his listeners properly apply the science to enhance training outcomes and improve movement discrepancies that hinder success. Pete holds a Master's Degree in Exercise Science from Wichita State University and has been a Certified Strength and Conditioning Specialist (CSCS-NSCA) since 2011.

Contact Hours/CEUs/CECs: See our website for details: www.exerciseetc.com

Sponsors: N/A