

Webinar Information Sheet

Webinar Title: Core Training: Working Hard or Hardly Working

Course Description: This fascinating course takes core training to the next level, where core stability intersects with mobility and performance. You'll discover rational progressions for the deconditioned as well as advanced core training techniques for both super-fit clients and weekend warriors. You'll finish by learning some of the hottest core training drills that will allow your client to maintain optimal spinal alignment even while executing advanced movement patterns.

Objectives:

- After viewing this webinar, you will be able to:
 - Define functional training.
 - Identify the muscles and movements of the core.
 - Explain how to safely progress core training.
 - Demonstrate at least four exercises to develop the core.

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 Credentials:

Guy Andrews, MA, CSCS

Cut is the Executive Director of Exercise ETC. He is a Certified Strength and Conditioning Specialist through NSCA as well as a Senior Fitness Specialist and a Performance Enhancement Specialist, both through NASM. He has worked in the fitness field since 1983 as a boot camp instructor, group fitness instructor, group fitness instructor, group fitness director, personal trainer, fitness director, and general manager. He earned his bachelor's and master's degrees from Florida Atlantic University in Boca Raton, FL and holds multiple fitness certifications. Over the years, Guy has worked with many population groups; he

currently teaches senior fitness for the City of Wilton Manors and for the Edgewater Assisted Living Community in Boca Raton, FL.

Course Presenter Credentials:

April Boulter, MS, MPH, EP-C

April has a diverse background in personal training, aquatics, group fitness, boot camp and yoga. She has two Master's Degrees: one in Public Health from the University of Illinois/Chicago, and another Master's Degree in Public Health Management from the University of Arkansas. April has a passion for using fitness and proper eating habits as the foundation for sustainable lifestyle change. As the Fitness and Aquatics Center Coordinator at Loyola University in Chicago, IL, April works with a mix of students and faculty as well as community residents to design and implement effective training programs in a variety of land and water-based applications. April is completing her PhD and has done extensive research in obesity prevention. A popular boot camp instructor, April is certified by ACSM, ACE, AFAA, and YogaFit and is also a certified Lifeguard and CPR Instructor. She joined our faculty in 2008

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

Sponsors: N/A