

## Course Information Sheet

### Course Title: Functional Core for Women

**Course Description:** Are you ready to show off a strong, supple midsection? *Functional Core for Women: Targeted Training for Glutes and Abs* helps women of all fitness levels improve strength and bodily aesthetics with an original and effective approach to working and reshaping the core muscles.

Written for women by a woman, 2022 IDEA Fitness Instructor of the Year Kia Williams sets the stage by breaking down the core's anatomy to show how the abs and glutes work together and which muscles are best targeted for discernible change. She will then help you establish your goals and develop a program that helps you strengthen and engage these major muscle groups.

You will learn how to perform more than 45 ab and glute exercises that are proven to improve physique, function, and strength. Derived from a variety of disciplines—including traditional weight training, Pilates, barre, and yoga—the exercises feature step-by-step instructions, variations, equipment options, safety cues, and progressions and regressions. You'll also find 6 sample workouts to quickly get you started, along with the guidance you need to create and customize your own program.

If you've struggled with building a stronger core to improve your fitness and enhance your self-confidence, it's time to transform. With *Functional Core for Women* you can challenge your existing fitness level and change the way your body looks and feels.

#### **Learning Objectives:**

##### **After completing this program you will be able to:**

1. List various ways to establish core strength.
2. Define and differentiate myths and misconceptions about the abs and glutes.
3. Cue different ways to create body awareness, control, and balance.
4. Explain the function and purpose of the core muscles.
5. Identify strategies to reduce the risk of injury.
6. Provide step-by-step cues to perform ab-focused exercises safely and optimally.
7. List cues to perform glute-focused exercises safely and optimally.
8. List modifications and alternatives to traditional core exercises.

**Target Audience:** Personal trainers, athletic trainers, group fitness instructors, strength and conditioning specialists.

**Schedule and Format:** Self-paced home study

**Registration Fees:** See our website for details: [www.exerciseetc.com](http://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.

### **Instructor/Author Credentials**

**Kia Williams, MBA, MS, RYT 200**, is a global presenter, program specialist, business leader, and podcast and web-series host. She was honored with the IDEA Fitness Instructor of the Year award in 2022.

An ACE-certified group fitness instructor, Williams (@kiawilliams.fitness) is recognized for her ability to incorporate innovative and progressive exercise techniques that result in improved functional fitness, enhanced physique, and fun workouts. She has been certified and licensed to teach over a dozen fitness formats and is actively creating content and new formats for children and adults.

Williams has served as an executive board member and chairperson for many health-focused organizations, including the Fort Worth-Tarrant County chapter of the NAACP, in which she is the health chairperson. Williams has managed several fitness and wellness programs and facilities and uses her transferable professional skills and business experience to mentor professionals, champion groundbreaking ideas, support multicultural engagement, and make fitness accessible, inclusive, and feasible for the masses. Kia is committed to helping others live a creative, sustainable, gratifying, and healthy lifestyle.

**Contact Hours/CEUs/CECs:** See our website for details: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A