

Webinar-on-Demand Series Information Sheet

Program Title: Primal Exercise: The Complete Webinar Series

Course Description: "Primal Exercise" is the next big trend in fitness training. Featuring movement-specific combinations of strength and mobility exercises, primal exercise programs improve, remediate and enhance functional movement patterns that are learned in early childhood, perfected in adolescence and, often, remediated in middle and old age. After participating in a Primal Exercise Program the client will enjoy better performance, decreased risk of injury and greater function. The five webinars that make up this bundle include: "Rotations & Hip Hinges: From Stodgy to Superlative", "Squats: From Essential to Exceptional", "Lunges: From Routine to Remarkable", "Pulls & Rows: From Antiquated to Amazing" and "Pushes & Presses: From Tedious to Terrific". When you complete all five webinars, you'll also get a FREE Certificate as a "Primal Exercise Consultant."

Learning Objectives:

- After viewing Module 1: Rotations & Hip Hinges: From Stodgy to Superlative, you will be able to:
 - Define and identify the core muscles.
 - List the seven primal exercises.
 - Identify the normal range of motion for joints responsible for rotation.
 - Explain how to instruct clients on proper rotation.
 - List the steps involved in a proper hip hinge.
 - Explain how to progress the hinge exercise.

- After viewing Module 2: Pushes and Presses Reimagined: From Tedious to Terrific, you will be able to:
 - Identify basic anatomy and structure of the shoulder.
 - List the muscles that are the prime movers for the push-up/bench press exercises.
 - Describe the proper techniques for a chest press to reduce shoulder problems and injuries
 - Provide guidelines to teaching the push-up exercise

- After viewing Module 3: Pulls & Rows Reimagined: From Antiquated to Amazing, you will be able to:
 - Identify the prime movers for the pull-up and lat pulldown exercises.
 - Explain how to teach a proper pull-up.
 - Describe the steps for a proper lat pulldown.
 - List common faults for the pull-up and pulldown.
 - Explain how to progress various pull exercises.
- After viewing Module 4: Squats: From Essential to Exceptional, you will be able to:
 - Explain the biomechanics of the squat.
 - Compare and contrast various controversies in squatting techniques.
 - Explain the components of a proper squat.
 - Identify common faults of the squat.
 - Explain how to progress the squat.
- After viewing Module 5: Lunges: From Routine to Remarkable, you will be able to:
 - Explain the biomechanics of the lunge.
 - Compare and contrast various controversies in utilizing lunges for exercises.
 - Explain the components of a proper lunge.
 - Identify common faults of the lunge.
 - Explain how to progress lunges for various levels of difficulty.

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. All books must be returned 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