

## Webinar Information Sheet

**Webinar Title:** Squats: From Essential to Exceptional

**Course Description:** The lowly squat takes center stage in this exceptional webinar that features video clips showing you proper form for literally dozens of squat variations. You'll start with an anatomical analysis of how the muscles of the ankle, knee, hip and core are all involved in this seemingly-easy exercise, and then you'll analyze the most common errors and compensations done while squatting. Then finally, you'll learn how to progress the squat from beginning level through intermediate, advanced and super-advanced. Whether you are training seniors, athletes or in a rehab environment, this webinar will change how you think about squats!

**Objectives:**

- After viewing this webinar, you will be able to:
  - Identify the muscles responsible for flexion and extension during a squat.
  - Identify for muscles and joints responsible for flexion and extension during a squat.
  - Describe the proper assessments and progression of flexibility exercises needed to properly squat.
  - List at least two common errors and compensations done while squatting.
  - Describe the proper progression of beginning, intermediate, and advanced squatting exercises.

**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](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.

## **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](http://www.exerciseetc.com)

**Sponsors:** N/A