

## Course Information Sheet

**Course Title:** Ultimate Abs

**Course Description:**

You want chiseled abs but haven't seen results. *Ultimate Abs: The Definitive Guide to Developing a Chiseled Six-Pack* offers a science-based approach to abdominal training designed to help you finally achieve the elusive six-pack.

Featuring 130 of the best abdominal exercises, certified strength and conditioning specialist and fitness expert Gareth Sapstead helps you successfully reach your training goals by providing progressions and regressions of each exercise to accommodate your specific fitness level. Whether you are training in a fully equipped gym or at home, Sapstead provides programming that will help you achieve results based on the equipment you have available.

Sapstead's distinctive approach to delivering effective and innovative fitness content has made him one of the most followed fitness experts on social media and earned him the moniker "the Fitness Maverick." In *Ultimate Abs*, he addresses the principles that underpin effective ab training and addresses the misconceptions surrounding abdominal training to cut a direct path to the most effective way to develop a six-pack.

Most resources focus on the concept of core strength training, but *Ultimate Abs* offers an unapologetic guide to developing chiseled six-pack abs. Although stabilization exercises are included within the book, looks are the priority, providing you with the tools to achieve your goals faster.

Filled with expert coaching cues and an abdominal exercise library like none other, *Ultimate Abs* is a must-have guide for achieving the abs you have always dreamed of.

**Learning Objectives: After completing the Ultimate Abs course, the participant will be able to:**

1. Explain the anatomy and function of the core muscles.
2. Explain the abdominal building process.
3. Compare and contrast the properties of the abs vs. core.
4. Explain the use of cardio exercises as a tool to work the abs.
5. Design exercises using appropriate options for your client age, goals, history.
6. Select proper exercises to target the spine vs. lower abs vs. obliques.

7. Understand the appropriateness and know when to implement anti-rotation exercises for strengthening abs and core
8. Compare and contrast a body weight ab program vs. a home-gym ab program
9. Design and implement a gym-based ab program

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

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

**Fees:** Please see our website for the most current details on pricing & CE awards: [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 for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That's it. No questions asked.

**Instructor/Author Credentials:**

**Gareth Sapstead** has a master's degree in strength and conditioning science and a bachelor's degree in sports and exercise science, and he holds the NSCA CSCS (Certified Strength and Conditioning Specialist) certification. In the fitness industry since 2005, he has worked with elite soccer players, professional rugby union athletes, and teams across the United Kingdom and Europe as a strength and conditioning specialist. He has also trained Fortune 500 global executives as well as various high-profile clients, physique competitors, and plenty of ordinary people with "dad bods."

Sapstead's name and articles have appeared on some of the world's leading fitness and bodybuilding websites, including T-Nation, Muscle & Strength, *Muscle & Fitness*, and Livestrong, among others. He has self-published three books and coauthored *The Complete Running and Marathon Book* (published by Dorling Kindersley). He's a published researcher in the field of exercise performance and has presented at numerous academic conferences.

**Contact Hours/CEs:** Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors:** N/A