



Course Title: **Restore the Core:**
 Integrated Core Training for Real World Function

Produced by: **Fitness Learning Systems**
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Course Type: **e-Learning Home Study**

Credit hours: IACET (International Association for Continuing Education and
 Training) 0.3 (3 Hours) Approved and Accepted by several
 additional organizations.

Author:

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Chris Kelly, is an experienced fitness journalist, speaker and strength coach. With over ten years in the fitness industry, Chris's experience spans from work in rehabilitation settings to strength and conditioning for athletes.

As a fitness speaker, Chris has authored numerous seminars and workshops focusing on back pain and restorative core training along with a variety of related topics. He holds fitness certifications from the National Academy of Sports Medicine and the National Strength and Conditioning Association. Chris received a bachelor's degree in communications from St. Johns University in Queens, New York, and a master's degree in journalism with a specialization in health and science from Columbia University in New York City.

An experienced health writer, Chris has also written extensively on fitness, healthcare, and nutrition. His writing has appeared in numerous publications including Exercise for Men, Prevention, Health, and the Boston Globe.

Course Summary:

When looking at your client's lifestyle, ask yourself which core exercises are best for restoring function and safely progressing your client to a firmer midsection. In this course you will learn about how the Core functions and training techniques geared to reduce pain and improve function in daily life. Core restore provides a unique combination of static, isometric, and standing core exercises that increase function without putting strain and torque on the delicate spinal structures.

This course is part one in a two part series. Part two is Core Complete Training: A Systematic Approach for Aesthetic Core Development.

Objectives:

After completing this course you will:

1. Describe the basic concepts of core training including the abdominal brace, common training errors, and how to gain your client's trust.
2. Describe 5 Core Restore steps for progressing core training exercises.
3. Explain 3 inner core and 3 outer core assessments for your clients.
4. Discuss the benefits of plank exercises and describe the 5 Plank Principles.
5. Discuss standing strength training and explain how to teach 2 standing strength exercises.
6. Explain how to safely and effectively perform 3 inner core training exercises and a dynamic warm up.
7. Explain how to safely and effectively perform 4 antirotation and 4 antiextension standing core exercises.
8. Explain how to safely and effectively perform 3 outer core training exercises.

Outline:

Core Exercise

Abdominal Brace

Common Training Errors

Before Training Core: Gain Your Client's Trust

Core Restore Steps

Step #1: Regain Mobility

Step #2: Breath and Brace

Step #3: Mobilize the Hips

Step #4: Free Standing Strength Training

Anti-rotation Exercises

Anti-extension Exercises

Step #5: Progress Your Planks

Inner Core Assessments

Breathing Assessment

Bird Dog Assessment

Active Straight Leg Raise Assessment

Outer Core Assessment

Plank Assessment

Side Plank Assessment

Rock Back Assessment

Plank Exercises

Benefits of Plank Exercises

Plank Principles

Plank Principal 1: Brace Yourself

Plank Principal 2: Just Breathe

Plank Principal 3: Find a Neutral Spine

Plank Principal 4: Own the Move

Plank Principal 5: Advanced Conditioning of the Core

Standing Strength Training:

Understanding Standing Strength

Anti-extension - Prevention of arching of the back.

Anti-rotation - Prevention of rotation of the torso.

Teaching the brace

Phase 1: Wall Press

Phase 2: Squeeze Walks

Core Restore Program

Inner Core Training Exercises

Breathing Progression

Bracing

Active Straight Leg Raises

Dynamic Warm Up

Standing Core Training

Strength Training: Anti-Rotation Exercises

Split stance chest press

Renegade row

Suitcase step up

Suitcase squat

Strength Training: Anti Extension Exercises

Push up

Rowing sequence

Bracing squat

Overhead split squat

Outer Core Training Exercises

Plank

Side Plank

Glute Bridge

Sample Client Exercise Progression

Sample Client Workout Chart

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