Course Title: Super Abdominals: Essential Rules of Excellence

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Course Type: e-Learning Home Study

Credit hours: AEA 3.0, ACSM 4.0, ATRI 0.4, COPS-KT 0.4,
NFPT 1.0, NCSF 2.0, YMCA 4.0, NSPA 4.0, NSCA 0.4

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Course Summary:

Many exercises have been developed and are prescribed for improving the abdominal
musculature. Despite the number of exercises prescribed, the majority of these
exercises are inefficient and inadequate. Some may lead to lumbar pain without any
appreciable muscular benefits. The primary objective of this course is to give correct and
practical information about abdominal training. In addition, many myths about abdominal
exercise will be explored, and several sample abdominal exercises will be discussed.

Objectives:

Upon completion of this course, you will be able to:

1. Understand proper recommendations and misconceptions about abdominal
   training.
2. Learn the anatomy and function of the abdominal muscles.
3. Learn how to train the abdominal musculature efficiently and safely.
4. Understand research implications regarding abdominal training.
5. Correctly demonstrate several abdominal exercises.
6. Design a safe and effective abdominal training program.

Outline:

Overview of Abdominal Training
Functions of the Abdominal Muscles
Anatomy of the Abdominal Muscles:
- Transversus Abdominis
- Rectus Abdominis
- Internal Oblique
- External Oblique

Abdominal Training Problems/ Facts

How to Train the Abdominals Efficiently:
- General Information
- Adaptation
- Overload
- Best Contraction
- Practical Application

Research on Abdominal Training:
- Electromyography Analysis of Abdominal Muscle Activity
- Using Portable Abdominal Exercise Devices and a Traditional Crunch.
- Electromyographic Comparison of the Upper and Lower Rectus Abdominis During Abdominal Exercises.

Abdominal Exercises:
- Abdominal Compression
- Curl Up
- Pelvic Tilt
- Crunch
- Twist Curl
- Full Sit Up
- Double Leg Raise - Supine Double Leg Raise
  - Hanging Double Leg Raise
  - Supported on Elbows Cable Crunch
- Abdominal Machine
- Reverse Curl
- Bicycle "V"- Ups
- Crunch on a Therapeutic Ball
- Ab Roller
- Ab Wheel
- Double Leg Raise - Obliques
- Water- Standing Abdominal Crunch
- Water- Supine Abdominal Crunch

Sample Abdominal Training Routines:
Beginner Abdominal Routine
Intermediate Abdominal Routine
Advanced Abdominal Routine

Bibliography:

20. VISNIC, S., Trade In Your Six-Pack For A Set Of Functional Abs!