



Course Title: **Core Complete Training:**
 A Systematic Approach for Aesthetic Core Development

Produced by: **Fitness Learning Systems**
 1012 Harrison Ave #3 Harrison OH 45030
 www.fitnesslearningsystems.com 1-888-221-1612

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Author:

Chris Kelly CSCS, CES, PES

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:

In fitness today, core training has become strongly associated with improved appearance and a well defined mid-section. However, there is debate about which exercises or type of training is best to achieve this desired result. Some individuals point to stability exercises (planks, side planks, etc) which involve little to no movement as the only way to improve the abdominal muscles without increasing risk of injury. Others still promote traditional movement based exercises such as crunches, torso twists, etc.

This course presents an evidence based, tested core training program to build a strong and aesthetically pleasing mid-section combined with the ability to function efficiently in

the real world. By understanding the place and purpose for different types of core training exercises and methods, you can progressively increase the challenge of your training programs for clients of all levels and take the entire core (versus merely the abs) to a new level of function.

This course is part two in a two part series. Part one is Restore the Core: Integrated Core Training for Real World Function.

Objectives:

After completing this course you will:

1. Be introduced to a core program which uses effective exercises for developing the aesthetic appearance of the core while reducing force and risk to the spine.
2. Understand the difference between core strength and core endurance exercises.
3. Learn the role of anti-movement exercises for endurance and movement based exercises to improve strength in training for both improved appearance and function.
4. Discover the role flexibility and mobility plays in core exercise and core development.
5. See and practice flexibility and mobility exercises to increase core function and development.
6. See and practice exercises and concepts for Plank, Deadbug, Posterior Core and Vertical Core training applications.
7. Discover ways to bridge core training on the floor with standing core training for more complete function.
8. Learn core assessments for determining a client's initial core fitness level, any compensations or problems, and to determine progress.
9. Apply assessment to individualized training needs.
10. Learn and apply core exercise training for daily and weekly programs.
11. Understand how to integrate core training into client sessions and group exercise.

Outline:

Training System Overview

Abdominal Exercise

Core Complete Concepts

- Step 1: Spare the Spine
- Step 2: Covering All Angles
- Step 3: Assistance Resistance
- Step 4: Establish Proper Alignment
- Step 5: Systems Based Thinking

Advanced Exercise Check List

Maintaining Neutral Spinal Position

Ace the Brace

Flexibility Program

Flexibility Assessment

- Active Straight Leg Raise
- Hip Internal/External Rotation
- Breathing Test
- Shoulder Mobility

Maintaining Mobility

- General Mobility Exercises
- Guidelines for Stretching
- Release
- De-loading Program

Core Strength Exercises

- Pike
- Rollout
- Sit up
- Half Get up
- Bodysaw

Deadbug Circuit

- Choosing Deadbug Exercises
 - Deadbugs with Arm Movement
 - Deadbugs with Leg Movement
 - Deadbugs with Combined Arm and Leg Movement
- Powering up Your Deadbug Progressions

The Plank Circuit

- Overcoming Misconceptions
- Picking Your Planks
 - Planks with Arm Movement
 - Planks with Leg Movement
 - Planks with Combined Arm and Leg Movement
- Powering Up Your Progressions
- Front and Side Plank Circuit Example

Posterior Core Circuit

- Ace the Brace Revisited
- Choosing Your Posterior Core Exercises
 - Hip Extension (Gluteus Maximus)
 - Hip Abduction (Gluteus Medius)
 - Birdog Progressions
 - Glut Bridge Progression

Vertical Core Training

- Teaching the Standing Brace
 - Phase 1: Wall Press
 - Phase 2: Squeeze Walks

Vertical Core Exercises

- Carry Variations (Anti-rotation/extension)
- Overhead Band Pressing (Anti-extension)
- Paloff Presses (Anti-rotation)
- Chop/ Lift Movements (Anti-extension/rotation)
- Deadlift Variations
- Single leg Deadlift Variations

Core Complete Assessment

Core Assessments to Use

- Plank Assessment
- Side Plank Assessment
- Double Leg Lowering Assessment
- Straight Leg Sit Up Assessment

What Assessment Indicates

Core Complete Circuit Construction

- Phase One: Stability
- Phase Two: Strength
- Phase Three: Endurance

Core Complete Program Manual

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