



Course Title: **Super Abdominals: Essential Rules of Excellence**

Produced by: **Fitness Learning Systems**
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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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Eduardo Netto is on the academic faculty at the University Estácio de Sá and is the Group Fitness Director of the Body Tech Health Club, in Rio de Janeiro. He graduated with a bachelor degree in Physical Education, a Post Graduate in Fitness Conditioning, has a Master's degree in Human Motricity, and is currently pursuing his PHD in Medical Studies. He is an International presenter and well-respected fitness professional and consultant in Brazil. He presents workshops, seminars and master classes at conferences and conventions, and has written two books on fitness programming. Eduardo is a continuing education provider and certified through ACSM, AFAA and IDEA.

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

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