

RAB REBOOTY

Presented by Abbie Appel
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OBJECTIVES

At the conclusion of the ReBooty workshop, each participant will be proficient in the following:

1. Determining the need for individuals to be able to transfer load across the lumbo-pelvic region.
2. Developing and creating movement patterns that incorporate both mind/body and conventional exercises to stimulate neuromuscular efficiency throughout the kinetic chain.
3. Creating an effective workout by utilizing bodyweight and minimal external load.
4. Developing multi-planar movement progressions that incorporate creative use of the Resist-a-Ball®.

SUMMARY

Freshen up your glute training with relevant research that will give you the tools you need to develop new workouts and programs for your classes. We'll discuss the benefits of traditional and non-traditional glute training using an unstable surface, the Resist-A-Ball®. We'll also review the function of the gluteus maximus, medius and minimus, and how these muscles should be trained for maximum benefit. Participants will walk away with at least 10 different exercises that can be done in multiple positions. These exercises that will motivate your most demanding participants, allowing them to achieve the results they seek.

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| <p>I. Introduction to RAB ReBooty</p> <ul style="list-style-type: none">A. What is functional training?B. Five elements of Functional Training<ol style="list-style-type: none">1. Mobility2. Stability3. Controlled Mobility4. Dynamic Stability5. Timing <p>II. Program Design in Group Exercise</p> <ul style="list-style-type: none">A. Multi-level classB. Common dysfunctions<ol style="list-style-type: none">1. Purpose of movement2. Corrective Exercise3. Pattern of movement <p>III. Rationale for Strength Training</p> <ul style="list-style-type: none">A. Create Efficiency with everyday tasksB. Resistant to InjuryC. Enhance mobility while increasing stability and enduranceD. Ability to transfer load across lumbo-pelvic hip complex | <p>IV. Core Muscle</p> <ul style="list-style-type: none">A. Shoulder GirdleB. SpineC. Hip Girdle <p>V. Core Stability – Lumbo-Pelvic Hip Complex</p> <ul style="list-style-type: none">A. Stabilize SpineB. Absorbs weight of entire upper bodyC. Absorb shock from ground forcesD. Hub for all Movement <p>VI. Exercise Selection</p> <ul style="list-style-type: none">A. Order of Exercises<ol style="list-style-type: none">1. Planes of Motion<ol style="list-style-type: none">a. Stabilityb. Strengthc. Power2. Type of MovementB. Types of EquipmentC. Creative Utilization of Equipment<ol style="list-style-type: none">1. Point of reference2. Balance assistance/crutch |
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**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**