



Comprehensive Tummy-Safe Fitness™ **Online Tummy Team CEU Course**

Course Objectives:

1. Participants will have a clear understanding of the anatomy of the abdominals, the definition of functional core strength, the role of the transverse abdominis, and why traditional crunches and other abdominal work can cause core damage.
2. Participants will understand and be able to evaluate for diastasis recti and the symptoms related to this condition and be able to objectively measure diastasis in clients.
3. Participants will be able to effectively assess conditions related to core weakness, diastasis recti, and related pain and compensation patterns.
4. Participants will be able to instruct and facilitate core restoration exercises and progress the functional incorporation of internal core strength.
5. Participants will be able to assess and instruct in neutral pelvis and neutral rib cage to support optimal initial tummy safe fitness.
6. Participants will be able to identify when clients need rehab in addition to or before fitness.
7. Participants will be able to demonstrate understanding functional holistic goal setting and to meet fitness and lifestyle strength goals.
8. Participants will have solid knowledge of how to cue clients during various bodyweight exercise, resistance training exercises, group fitness exercises and with cardio equipment.
9. Participants will be able to safely progress clients through multiple fitness programs while effectively strengthening the internal core and reinforcing the coordination and connection to the transverse abdominis.
10. Participants will have a strong understanding of Tummy Safe Fitness and the guidelines to implement these concepts into various areas of fitness and sport.