



Course Outline

Comprehensive Tummy-Safe Fitness™

6-Week Online CEU Course

Foundational Core Education - 1.0 CEU

- Welcome (4 min)
- Anatomy of the Abdominals (13 min)
- Redefining Functional Core Weakness (9 min)
- Diastasis Recti (15 min)
- Traditional Core Work Considerations (15 min)

Assessment & Screening Tools - 2.0 CEU

- Intake Form, Part 1 (30 min)
- Intake Form, Part 2 (11 min)
- Neutral Pelvis Assessment (8 min)
- Neutral Rib Cage Assessment (5 min)
- Functional Core Strength Assessment (12 min)
- Diastasis Recti Assessment (5 min)
- Optimal Alignment and Breath for TA Work (9 min)
- Goal Setting (12 min)
- When to Send to Rehab (8 min)
- Initial Fitness Guidelines (9 min)
- Warm Up & Stretching Considerations (6 min)
- Verbal Cues for Core Activation (9 min)

Body Weight Concepts & Considerations - 3.25 CEU

- Shoulder Bridge Progression (8 min)
- Step Ups (3 min)
- Plank Progression (16 min)
- Hanging Progressions (5 min)
- Hanging: Compensation Discussion (2 min)
- Pull Ups (3 min)
- Pistol Squat Progression (4 min)
- Box Jump Progressions (5 min)
- Fit2b Sample: Core Alternatives (15 min)
- Fit2b Sample: Balanced (20 min)
- Fit2b Sample: Fusion Mix (1 hour)

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The Tummy Team
360-952-CORE
3400 SE 196th Ave. Suite 106
Camas, WA 98607

- Fit2b Sample: Classic Flow A (13 min)
- Fit2b Sample: Classic Flow B (13 min)
- Fit2b Sample: Plain Ol' Pilates (26 min)

Weight Training Concepts and Considerations - 2.25 CEU

- Incline Chest Press (4 min)
- Kettle Bell Considerations (4 min)
- Ropes: Slams and Waves (4 min)
- Front Loaded Squats (2 min)
- Back Loaded Squats w/Bar (9 min)
- Squats: Compensations Discussion (3 min)
- Pallof Press (2 min)
- Lunge Considerations (3 min)
- Bench Press (3 min)
- Upright Row (4 min)
- Lat Pull Down (3 min)
- Arm Work (13 min)
- Clean and Press (5 min)
- Single Leg Deadlift (3 min)
- Dead Lift Considerations (3 min)
- Medicine Ball Considerations (4 min)
- Fit2b Sample: Weightlifting 101 (37 min)
- Fit2b Sample: Dumbbell Workout (11 min)
- Fit2b Sample: Kelly's Big Band Routine (14 min)

Group Fitness Concepts and Considerations - 1.75 CEU

- Yoga Considerations (6 min)
- Pilates Considerations (11 min)
- Group Fitness Considerations (10 min)
- Mat Considerations for Group Fitness (10 min)
- Fit2b Sample: Kelly's Floor Core Routine (16 min)
- Fit2b Sample: Ab Attack (16 min)
- Fit2b Sample: Basic Aerobics (13 min)
- Fit2b Sample: Step and Sculpt (27 min)

Traditional Gym Equipment Concepts and Considerations - 0.5 CEU

- Cardio Equipment Considerations (3 min)
- Elliptical Considerations (2 min)
- Recumbent Bike Considerations (2 min)
- Spin Bike Considerations (7 min)
- Rowing Machine Considerations (4 min)
- Stair Stepping Considerations (2 min)
- Assisted Pull Up Considerations (4 min)
- Cable Machine Considerations (2 min)

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Additional Considerations - 0.5 CEU

- Functional Pelvic Floor Considerations (*11 min*)
- Special Considerations (*10 min*)
- Nutrition Coaching Considerations (*5 min*)
- Shoe Considerations (*3 min*)
- Transition Considerations (*2 min*)

Conclusion and Resources - 0.25 CEU

- Fit2b as a Professional Resource (*5 min*)
- Ongoing Tummy Team Training (*4 min*)
- Thank you! (*1 min*)

Course Downloads - 1.0 CEU

- Course Objectives
- Functional Core Strength Assessment
- Tummy-Safe Fitness™ Intake Form
- Tummy-Safe Fitness™ Plan

TOTAL: 12.5