

GLUTEBUILDER™

GLUTEBUILDER® AND GLUTES TRAINING SEMINAR

CONTENT

- GLUTES ANATOMY AND MUSCLE ARCHITECTURE
 - FUNCTIONS
 - local and global functions;
 - dynamic and stabilization functions
 - GLUTEUS FORCE PRODUCTION AND EMG
 - GLUTEUS INHIBITION/AMNESIA
 - o WHAT IS IT; CAUSES; CONSEQUENCES
 - o GLUTES AND THEIR INFLUENCE IN LOWER BACK PAIN AND LOWER BODY INJURIES.
 - o AWAKENING PROTOCOL & GUIDELINES
 - o EXERCISES SEQUENCE (practice)
 - GLUTES AND LOAD VECTOR
 - o HIP EXTENSION EXERCISES
 - § AXIALLY LOADED
 - EXERCISES AND TECHNIQUE MODIFICATIONS TO INCREASE GLUTES ENGAGEMENT (IN-DEPTH ANALYSIS OF THE SQUAT MOVEMENT PATTERN) (THEORY AND PRACTICE)
 - § HORIZONTALLY LOADED
 - EXERCISES AND TECHNIQUE MODIFICATIONS TO INCREASE GLUTES ENGAGEMENT (IN-DEPTH ANALYSIS OF THE BRIDGE MOVEMENT PATTERN) (THEORY AND PRACTICE)
 - o HIP ABDUCTION EXERCISES
 - § FRONTAL PLANE
 - § TRANSVERSAL PLANE
 - § MIXED PLANES
 - GLUTES AND SPORT PERFORMANCE. THE PRINCIPLE OF SPECIFICITY
 - HOW TO MAXIMIZE GLUTES ACTIVATION AND HIP EXTENSION EXERCISES CLASSIFICATION
 - HYPERTROPHY AND GLUTES
 - o MECHANICAL TENSION AND THE CORRELATION WITH GLUTES EXERCISES
 - o STRATEGIES TO MAXIMIZE GLUTES HYPERTROPHY
 - o WOMEN PHYSIQUE ENHANCEMENT AND BIKINI COMPETITORS
 - DEALING WITH SPEED OF EXECUTION, INERTIA, TORQUE AND DIFFERENT TYPES OF RESISTANCES AND GOAL-ORIENTED STRATEGIES.
 - OPTIMAL PROGRAMING
 - o HOW TO MANAGE EXERCISES SELECTION, VOLUMEN, INTENSITY AND FREQUENCY FOR DIFFERENT GOALS AND INDIVIDUALS
 - SRA CURVE (STIMULUS, RECOVERY, ADAPTATION)
 - EXECUTION VS PROGRESSIVE OVERLOAD
 - PRINCIPLES OF BUILDING BIGGER GLUTES
- GLUTEBUILDER®
- SETTINGS
 - EXERCISES LIBRARY

Q&A