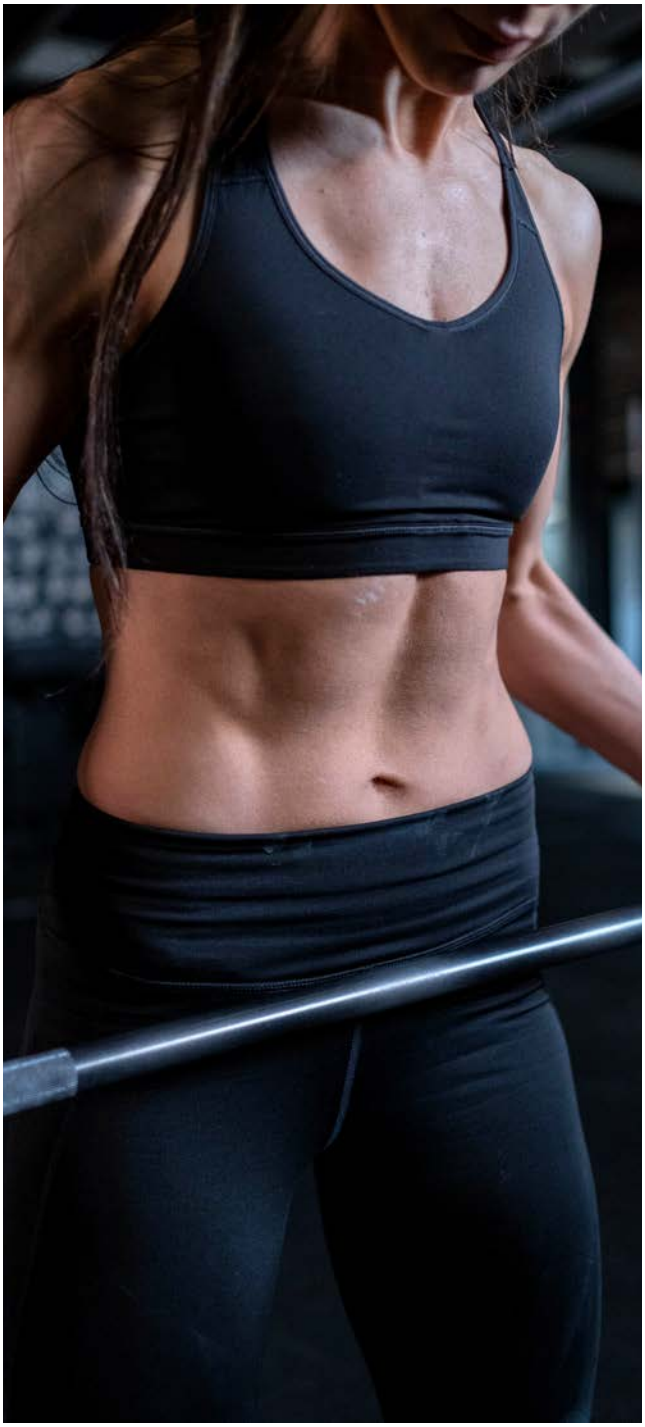
CORE Strong

INCLUDES 5 WORKOUTS
FROM BEGINNER → ADVANCED

WWW.BEYONDFITNESS.US

Ready to be CORE STRONG?



Your core muscles work so hard for you... and we've got just the plan to help them do their job even *better*.

How does this sound to you?

- Tighter midsection
- Less back pain
- Better performance
- Taller, streamlined posture

Pretty awesome, right?

In this guide, we've included specific workouts to help make that happen... without doing endless crunches.

At Beyond Fitness, we help busy women who have tried numerous diets to finally achieve the body of their dreams and live the life they deserve.

Want a sneak peek into how we've helped hundreds of women do this?

Click here to check out some success stories and learn how our simple coaching program can help you.

We hope you love your new Core Strong workouts. We can't wait to hear about your great results!

Committed to your success,

Michele

michele@thepermanentwellnessfix.com
beyondfitness.us

Why Your Core Strength MATTERS

Nearly every move you make engages your core muscles.

They help you:

- *Sit up straight*
- *Walk*
- *Bend over to tie your shoes*
- *Pick up your child or grandchild*
- *Drive to and from work*
- *Do simple tasks like rolling over in bed at night*

Your core muscles even help you breathe. And they do it all without you even thinking about them.

But when your core muscles get weak:

- Everyday tasks get harder and more painful
- Your low back may hurt: 4 out of 5 adults experience back pain!
- It can throw off your balance & stability
- Your performance takes a hit: your workouts, hobbies, and sex life
- You can start to slouch — which has a domino effect on your breathing, appearance, and even your confidence

It's time to avoid all of that!

HOW TO USE
These Workouts

#1 YOUR CORE STRONG WORKOUTS CAN BE USED ON THEIR OWN... OR IN COMBINATION WITH OTHER WORKOUTS.

If you want to do a Core Strong workout during one of your other planned workouts, do these core workouts AFTER.

#2 FORM FIRST!

Listen to your body and make sure you're doing each exercise with perfect form. If the exercise becomes challenging, take a break or (for planks and similar exercises) drop to your knees.

HOW TO USE THESE WORKOUTS

#3 Make a mind-muscle connection and focus on your core. This can help ensure that the right muscles are doing the work.

#4 Warm up with light cardio and light body movements (squats, knee lifts, walking lunges.) before doing these workouts.

#5 Should you train your abs every day? Your core is like every other muscle group - it needs rest to recover after a challenging workout! Listen to your body and give your core a break the day after a hard workout, or if it feels sore or tired.

This Is What's POSSIBLE FOR YOU

Tamara

Can surf the toughest waves now that she has a strong core!

Sara

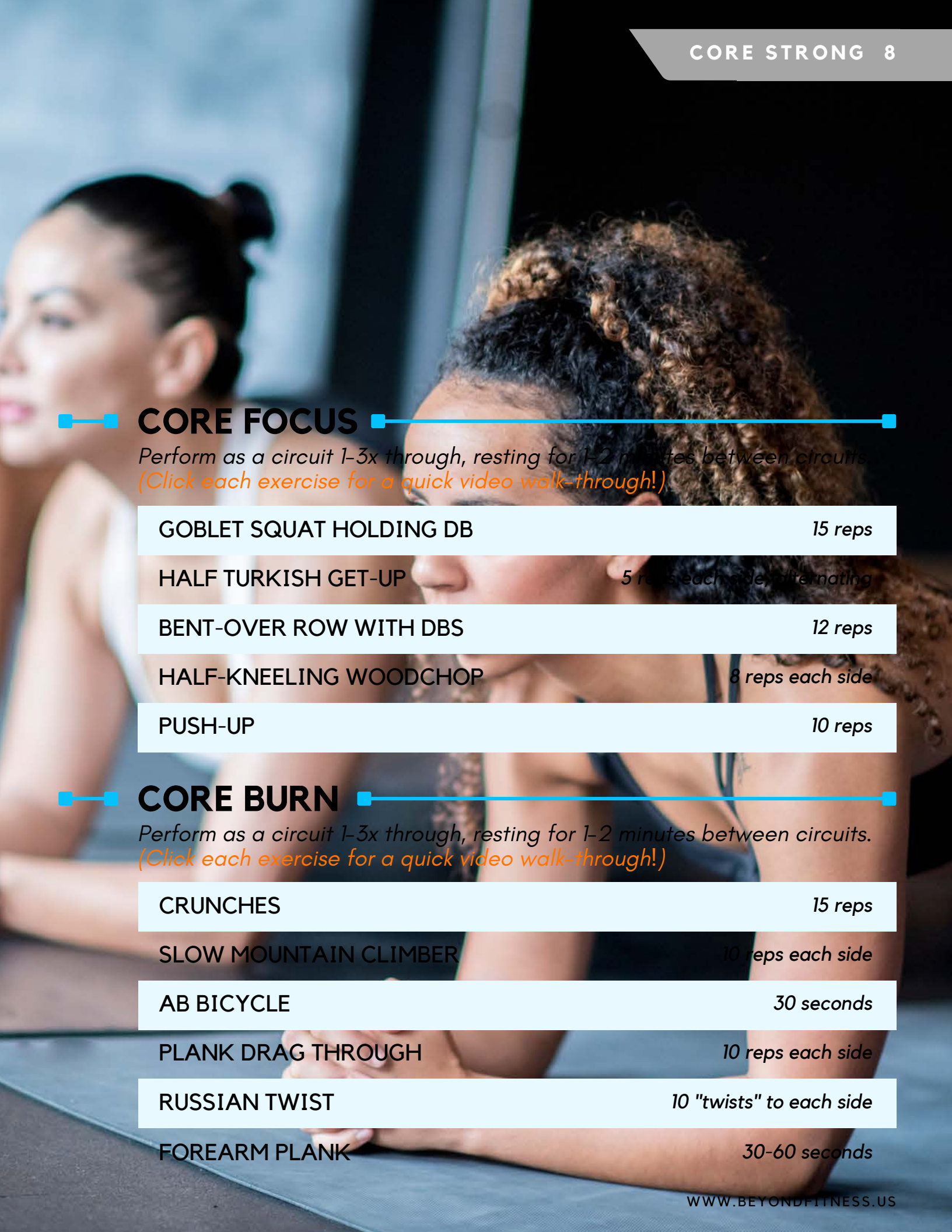
Can do ADVANCED core exercises

Core Strong WORKOUTS

FLOOR CORE

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

BIRD DOG	*5 reps each side, alternating*
GLUTE BRIDGE	*15 reps*
DEAD BUG	*5 reps each side, alternating*
PANTHER SHOULDER TAP	*5 reps each side, alternating*
REVERSE CRUNCH	*15 reps*
SUPERMAN	*10 reps (hold for 2 seconds at the top of the movement)*



CORE FOCUS

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

GOBLET SQUAT HOLDING DB	*15 reps*
HALF TURKISH GET-UP	*5 reps each side, alternating*
BENT-OVER ROW WITH DBS	*12 reps*
HALF-KNEELING WOODCHOP	*8 reps each side*
PUSH-UP	*10 reps*

CORE BURN

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

CRUNCHES	*15 reps*
SLOW MOUNTAIN CLIMBER	*10 reps each side*
AB BICYCLE	*30 seconds*
PLANK DRAG THROUGH	*10 reps each side*
RUSSIAN TWIST	*10 "twists" to each side*
FOREARM PLANK	*30-60 seconds*

CORE STRONG WORKOUTS

PILATES INSPIRED CORE

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

SUPINE TOE TAPS	*10 reps each side, alternating*
AB PENDULUM (BENT KNEES)	*10 reps each side, alternating*
ROLLING LIKE A BALL	*10 reps*
SIDE PLANK HIP LIFTS	*10 lifts each side*
SINGLE LEG GLUTE BRIDGE PULSES	*10 lifts each side*
ROCKING PLANK	*30-60 seconds*

CORE BLASTER

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

SINGLE ARM DB CHEST PRESS	*10 reps each side*
"KICKSTAND" RDL WITH DB	*10 reps each side*
SINGLE ARM OVERHEAD PRESS	*10 reps each side*
LUNGE WITH ROTATION	*10 reps each side*
SINGLE ARM BENT-OVER ROW	*10 reps each side*
SUITCASE CARRY	*10 reps each side*

Results That LAST A LIFETIME

Ready for YOUR "after" picture? Our permanentwellness Fix has helped hundreds of PEOPLE get theirs!

Our Permanent Wellness Fix works because of our holistic approach that includes;

- *one on one coaching*
- *customized meal plans*
- customized workouts
- Change your habits
- Mindfulness
- Happy Hormones

LEARN MORE HERE

- fitting into old clothes - and brand-new ones, too
- better skin
- confidence
- And more!

AND IT GETS EVEN BETTER...

- A proven plan - no more guesswork!
- Weekly action plans
- Coaching to help you through the rough spots
- Accountability

Ready to take your NEXT STEPS?

At Beyond Fitness our mission is to build you a customized program that changes your habits without changing your entire life.

If you're a busy woman looking for a better way to lose weight so you can feel confident, and have more energy, we want to invite you to experience a simpler approach that's already gotten hundreds of women amazing results.

Gina

working with Michele was the funniet I have ever had!!
I can run four blocks without stopping!

Ways to Work With Me

The Permanent Wellness Fix

is a coaching program that will help you change your habits permanently, so you can focus on your dreams!

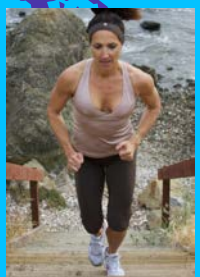
LEARN MORE HERE

Group Fitness Online

Workout from home with other rockstars!

LEARN MORE HERE

We'd love to be part of your fitness/wellness journey.



Michele

michele@thepermanentwellnessfix.com

VIDEO REFERENCES:

FLOOR CORE EXERCISES

BIRD DOG:
HTTPS://SHARE.VOOMLY.COM/V/PBYYNYTFXMYW1NYXJAUKS1YIB0YLNJDGG4PJF391TZ0QLWYGR

GLUTE BRIDGE:
HTTPS://SHARE.VOOMLY.COM/V/AXEIGNVFEZHCPLPPWIXWORBVUHGPXBQ6WNBFG1NIPEAYD09LG

DEAD BUG:
HTTPS://SHARE.VOOMLY.COM/V/ZOHEZ1OGFKVENTBSTLEH9-MNIRQLHBC-QGM-VSLEJLUCFGRTE

PANTHER SHOULDER TAP:
HTTPS://SHARE.VOOMLY.COM/V/FWMZKBJDWW-HW9N4QNKGHQS-TQK7KAQIQHVDCLCMADSVULKIQ

REVERSE CRUNCH:
HTTPS://SHARE.VOOMLY.COM/V/EYH6UEKSBT7TL00FYIICGMVFTAEVFU5GUHS1YCXDXKLYZKPSG

SUPERMAN:
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CORE FOCUS EXERCISES

GOBLET SQUAT HOLDING DB:
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HALF TURKISH GET-UP:
HTTPS://SHARE.VOOMLY.COM/V/SWMIGZ1GFIP_HA0-E2HTCQ8MOSP4LDSGRIQCSKCDQKGLBVHWA

BENT-OVER ROW WITH DBS:
HTTPS://SHARE.VOOMLY.COM/V/ZAN1JBOPRSCOYUTDLVAXRFXYVPRAWAJPWNMWLYW6R8NKE3U-K

HALF-KNEELING WOODCHOP:
HTTPS://SHARE.VOOMLY.COM/V/XUQNX5IUD8HIOSNYWRD1MUM7BIAGMDIX3UJJCXGMAKL4CMDCD

PUSH-UP:
HTTPS://SHARE.VOOMLY.COM/V/OHZR2QYXHOVZ3SUQ5J846GQXSWKY015GIN9ZCYYIBENPMGQ3C

CORE BURN EXERCISES

CRUNCHES:
HTTPS://SHARE.VOOMLY.COM/V/KHUPBQSNBMK7SX0RRUSYCQPPFKAWEXSYK2B1FF52QVMAHSQIT

SLOW MOUNTAIN CLIMBER:
HTTPS://SHARE.VOOMLY.COM/V/WMGSLVLOWW71IZXYPCHZW8U6EIYKDDQ-OU5_DJPLGJAZPNI4A

AB BICYCLE:
HTTPS://SHARE.VOOMLY.COM/V/GBW3GRAGOVDAUI-NWGC9B4RX0BC5AEM_FWIFMR78MAAKU11GT

PLANK DRAG THROUGH:
HTTPS://SHARE.VOOMLY.COM/V/XVF8QEDTNYMHX0ODME75QRTGEAHJAQ7P1MAQLDITKXLKEXPWG

RUSSIAN TWIST:
HTTPS://SHARE.VOOMLY.COM/V/UUQASKKFRZOBFRCCKMBCZAAOCFC2BJISF15RE_PMVFAZUK0OM

FOREARM PLANK:
HTTPS://SHARE.VOOMLY.COM/V/ZXVRH7QNWL7H0VDBJ7I8FTUBU0APUZE0PV93FQ6ALMVHI0ANG

VIDEO REFERENCES:

PILATES INSPIRED CORE EXERCISES

SUPINE TOE TAPS:
HTTPS://SHARE.VOOMLY.COM/V/3RZYDSFAYKCLM5LYWV12OSAGMHOQWPGOGLYAPGBHYN71TYUTB

AB PENDULUM (BENT KNEES):
HTTPS://SHARE.VOOMLY.COM/V/DEHEYKREJMNOJZKSCWRF2X8LBGAMHDYGD2C9RWFEBDL_WNBGI

ROLLING LIKE A BALL:
HTTPS://SHARE.VOOMLY.COM/V/MBWNVRWPNOSBIV-K4XID1EBCXU0NGZOZQNXGTHHUP80321X0J

SIDE PLANK HIP LIFTS:
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SINGLE LEG GLUTE BRIDGE PULSES:
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ROCKING PLANK:
HTTPS://SHARE.VOOMLY.COM/V/OKXAKK0VK1FXZAETELSGJWFXHGUQCDCFB3S7FDJMQALYJXLII

CORE BLASTER EXERCISES

SINGLE ARM DB CHEST PRESS:
HTTPS://SHARE.VOOMLY.COM/V/KZZAGYPB0E7RLECOFBSO-S_OSVXER9CCYZZCD5KQPKBLVU8CN

"KICKSTAND" RDL WITH DB:
HTTPS://SHARE.VOOMLY.COM/V/VNG77Z_YFNKQ1SYTIWPCUWLVZUMPO4CI5KNBKQGNBBXBB0FSK

SINGLE ARM OVERHEAD PRESS:
HTTPS://SHARE.VOOMLY.COM/V/XBJKDG6ZWXZTYZULFJR3CM0POFGQMOCOC0UMIBMSHJBIJM0WP

LUNGE WITH ROTATION:
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SINGLE ARM BENT-OVER ROW:
HTTPS://SHARE.VOOMLY.COM/V/A9HFJHTSQYBEVREPCIVLV1DTRVJ1DFS-6J9JIL0AMRKBAGAA4

SUITCASE CARRY:
HTTPS://SHARE.VOOMLY.COM/V/3ETXDS6TD5SPMJPE9RVZS8AGNRZPCYD02ZJDVJRPMD7UOHXOG