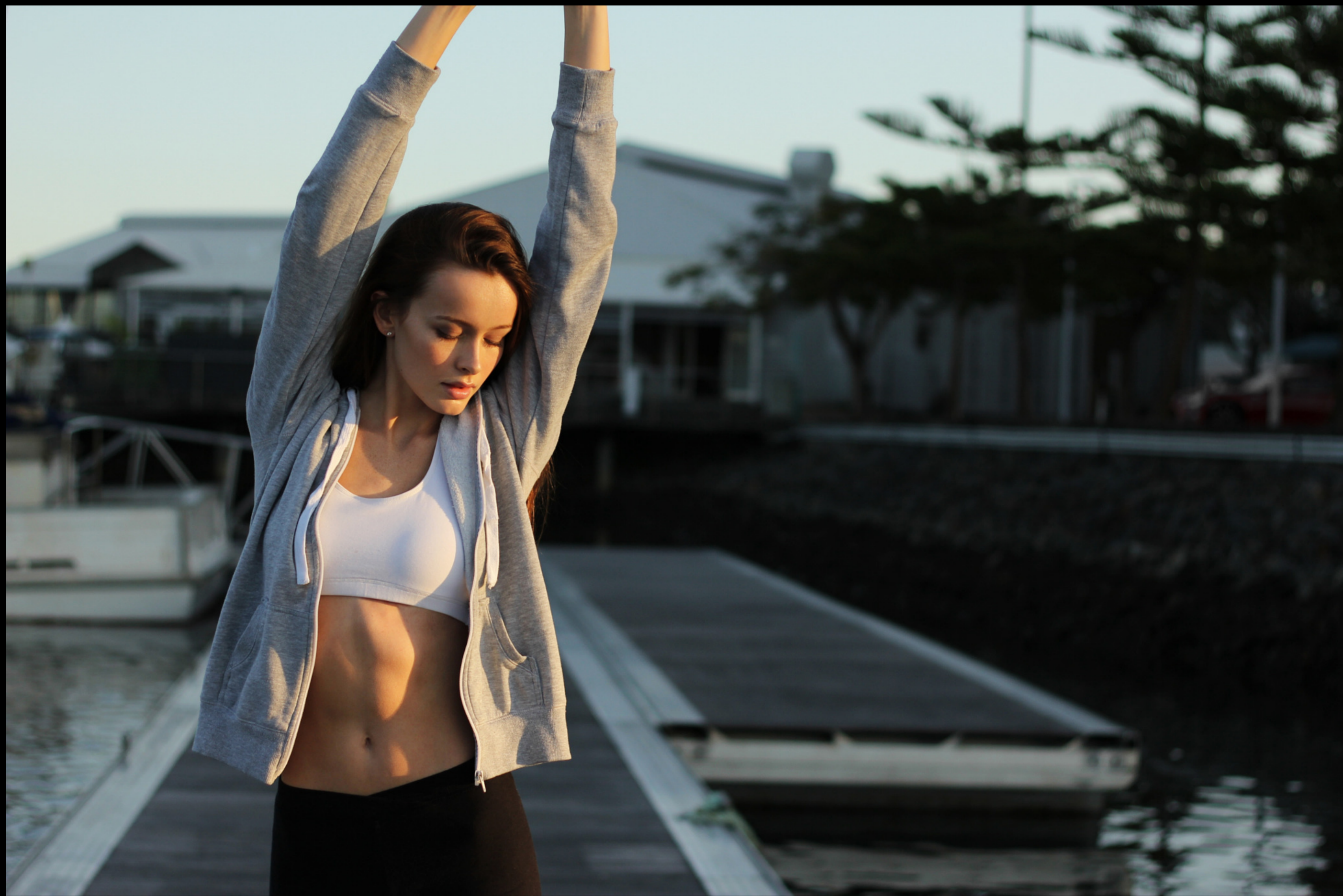


Core Strengthening Workout

"The hardest part is getting started"



**Thank you for purchasing the
Fitfully Chic Core
Strengthening Workout.
Enclosed you will find your
workout schedule and exercise
guide.**

SUPER SET: A super set is comprised of 2 exercises A & B performed back to back with no rest for a prescribed rep range. Then taking a 20 – 30 seconds rest before starting the next set.

An example of how this technique is executed would be as follows: You perform exercise A for prescribed reps, then immediately perform exercise B for prescribed reps. Then rest for 20 – 30 seconds before repeating.

TIMED SET: A timed set is where you will perform the given exercise for as many repetitions as possible in the prescribed amount of time. For example you will perform standard crunches for 30 seconds then take a 10 second rest before repeating for the prescribed amount of sets.

TIMED SUPER SET: A timed super set is comprised of 2 exercises A & B performed back to back with no rest for a prescribed amount of time. Then taking a 20 seconds rest before starting the next set. An example of how this technique is executed would be as follows: You perform exercise A for prescribed time, then immediately perform exercise B for prescribed time. Then rest for 20 seconds before repeating.

Exercise Guide

STANDARD CRUNCH: 1. Lay on your back flat on the floor, with your knees bent and feet flat on the floor. 2. Extend hands directly above your chest towards the ceiling. 3. Lift your shoulders off the floor towards the ceiling where your fingers are pointing.

4. Raise your upper body as high as possible by contracting your core, pause, return to starting position and repeat.

FLUTTER KICKS: 1. Lie down with your back pressed against the floor or on an exercise mat (optional). Extend your arms up above your chest and raise your legs six inches off the floor. 2. Raise one leg up to a 45-degree angle then slowly lower back to starting position, while simultaneously raising the opposite leg to a 45-degree angle. Tip: Contract your core during this movement to target your abdominals. 3. Repeat this cycle for prescribed amount of time or repetitions.

PLANK SHOULDER TAP: 1. Get into a prone position on the floor, supporting your weight on your toes and the palms of your hands. Your arms straight and directly below the shoulder. This will be your starting position. 2. Keep your body straight at all times, raise one arm off the floor supporting the body with the other arm and tap your opposite shoulder. Place arm back into starting position and repeat on the opposite side. Repeat this cycle for prescribed amount of time.

PUSH UP TO SIDE PLANK: 1. Get into pushup position on the toes with your hands just outside of shoulder width. 2. Perform a pushup by allowing the elbows to flex. As you descend, keep your body straight. 3. Do one pushup and as you come up, shift your weight on the left side of the body, twist to the side while

bringing the right arm up towards the ceiling in a side plank. 4. Lower the arm back to the floor for another pushup and then twist to the other side. Repeat the series, alternating each side, for the prescribed amount of time.

DOUBLE CRUNCH: 1. Lie flat on your back with your knees bent at a 90-degree angle, thighs perpendicular to the floor. 2. Now place your hands lightly on either side of your head keeping your elbows in. Tip: Don't lock your fingers behind your head. 3. While pushing the small of your back down in the floor to better isolate your abdominal muscles, begin to roll your shoulders off the floor, simultaneously pull your knees toward your chest until your elbows touch your knees. Pause at the top of the movement for a second then slowly return to the starting position and then repeat.

UP DOWN PLANK: 1. Get into a prone position on the floor, supporting your weight on your toes and your forearms. Your arms are bent and directly below the shoulder. This is your starting position. 2. Keep your body straight at all times. Press your right palm into the floor followed by your left palm lifting your body into a standard plank position. 3. Hold for a second and then drop your body back to the starting position and repeat for prescribed amount of time.

BICYCLE CRUNCH: 1. Lie flat on the floor with your lower back pressed to the ground. For this exercise, you will need to put your hands beside your head. Be careful however to not strain with the neck as you perform it. Now lift your shoulders into the crunch position. 2. Bring knees up to where they are perpendicular to the floor, with your lower legs parallel to the floor. This will be your starting position. 3. Now simultaneously, slowly go through a cycle pedal motion kicking forward with the right leg and bringing in the knee of the left leg.

Bring your right elbow close to your left knee by crunching to the side, as you breathe out and hold for 2 seconds. 4. Crunch to the opposite side as you cycle your legs and bring closer your left elbow to your right knee, exhale and hold for 2 seconds and then repeat.

LEG LIFTS: 1. Lay on flat on your back with legs extended and arms at your sides palm down. 2. Bring legs up until they are perpendicular to the floor, pause and slowly lower to six inches above the floor. 3. Pause and then repeat movement.

PLANK JACKS: 1. Lay flat on your stomach on the floor, bringing palms next to shoulders and press up, into a standard plank position. 2. With your palms in line with your shoulders and feet shoulder width apart, jump your feet outside of the body about 10-12 inches, then immediately jump your feet back to starting position and repeat.

Are you ready to get started?

REPS

EXERCISE

Super Set

50

**Standard Crunch
Flutter Kicks**

40

**Standard Crunch
Flutter Kicks**

30

**Standard Crunch
Flutter Kicks**

20

**Standard Crunch
Flutter Kicks**

15

**Standard Crunch
Flutter Kicks**

10

**Standard Crunch
Flutter Kicks**

Timed Set

Each Exercise is 60 Seconds

Plank Shoulder Tap

Plank Shoulder Tap

Plank Shoulder Tap

Plank Shoulder Tap

Plank Shoulder Tap

Plank Shoulder Tap

Super Set

25

**Push Up + Side Plank
Double Crunch**

25

**Push Up + Side Plank
Double Crunch**

25

**Push Up + Side Plank
Double Crunch**

25

**Push Up + Side Plank
Double Crunch**

Timed Super Set

Each Exercise is 30 Seconds

Up Down Plank
Bicycle Crunch

Up Down Plank
Bicycle Crunch

Up Down Plank
Bicycle Crunch

Up Down Plank
Bicycle Crunch

Up Down Plank
Bicycle Crunch

Up Down Plank
Bicycle Crunch

Super Set

25

Leg Lifts
Plank Jacks

25

Leg Lifts
Plank Jacks

25

Leg Lifts
Plank Jacks

25

Leg Lifts
Plank Jacks