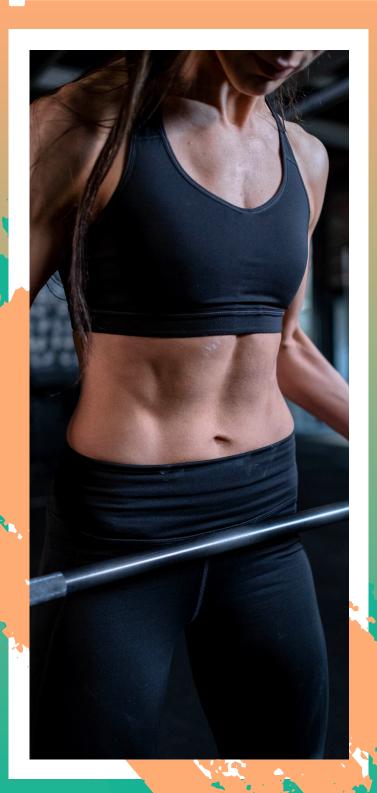


# Ready to be CORESTRONG?



Your core muscles work so hard for you... so here's the plan to help them do their job even better.

How does this sound to you?

- Leaner midsection
- Less back pain
- Better performanceTaller,
- Taller, streamlined posture

Pretty cool, right?

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



At Naples Home Fitness, I help adults move better with at-home personal training so they have energy to enjoy their best years of family and independence.

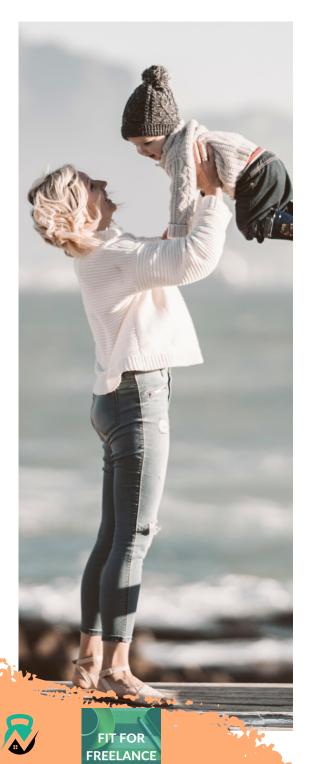
Want a sneak peek into how I've helped people create sustainable health habits on their schedule?

<u>Click here</u> to check out some success stories, and <u>learn how the Guilt-free</u> <u>Gameplan can help you</u>, too.

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



## CORE STRONG 3 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
- Stay balanced while driving
- Do simple tasks like rolling over in bed at night

Your core muscles even help you breathe- 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 stop all of that!



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 great form. If the exercise becomes challenging, take a break, or for planks and similar exercises, drop to your knees.

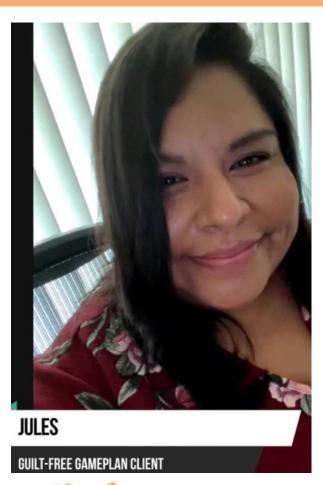


### HOW TO USE THESE WORKOUTS



- Make a mind-muscle connection and focus on your core. This ensures that the right muscles are doing the work.
- Warm up with light cardio and/or light body movements (squats, arm circles, etc.) before doing these workouts.
- Should you train your abs every day? Your core is just like every other muscle group it needs rest to recover after a tough 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 Mat's POSSIBLE FOR YOU



Jules

According to Jules herself, it's not about wanting to lose weight, a number of daily steps, or wanting to climb a mountain...

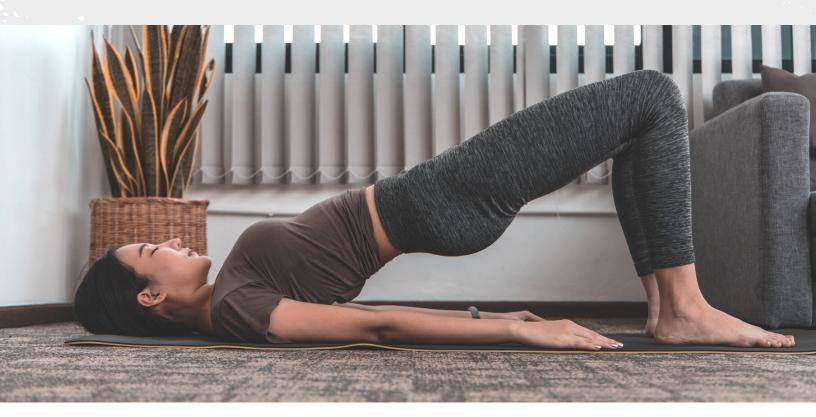
It's about empowering yourself to reach any attainable goal in your individual journey. Read blog post



Lindsay

We used *realistic focus* to build momentum, drop pants sizes, and restore her peace of mind so she could shine again as an adaptive business leader. Watch on YouTube

# 



### **FLOOR CORE**

**SUPERMAN** 

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



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	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? The Guilt-free Gameplan is the most compassionate way to do it!

The key to the Guilt-free Gameplan is its visionary and compassionate approach to building your confidence so you don't feel mentally weak from all or nothing diets.

**LEARN MORE HERE** 

- Craft a sustainable health plan that is naturally part of your life
- Have confidence to go for your biggest business goals
- Make healthy eating a delicious and simple habit

### AND IT GETS EVEN BETTER...

- Have more energy for the people and business you love
- Customized support that centers your values in everything you do
- The Guilt-free coach with a

  ✓ certificate in Positive Behavior
  Support

# Ready to take your—> NEXT STEPS?

The Naples Home Fitness mission is to support confidence, agency, and quality of life through mobile health and personalized lifestyle coaching.

If you're looking for a better way to prioritize so you can love your body again, I invite you to experience a fun approach that has already gotten dozens of people amazing results.

## Ways to Work With Me

### Guilt-free Gameplan

The 1-on-1 health consulting approach to confidence and weight loss without all or nothing diets

**LEARN MORE HERE** 

### Guilt-free Gameplan

The 1-on-1 health consulting approach to confidence and weight loss without all or nothing diets

**LEARN MORE HERE** 

I'd love to be part of your health and business journey!



Cell: (239) 323-1144
r@napleshomefitness.com
Instagram: naplescoach1 and
fitforfreelance



His cholesterol is down and he's 20 pounds lighter.



But our favorite result was how he built selfcompassion by actually keeping time scheduled for his own needs, like his health.



### **VIDEO REFERENCES:**

### **FLOOR CORE EXERCISES**

**BIRD DOG:** 

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

<u>GLUTE BRIDGE:</u>
<u>HTTPS://SHARE.VOOMLY.COM/V/AXEIGNVFEZHCPLPPWIXWORBVUHGPXBQ6WNBFG1NIPEAYD09LG</u>

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

HTTPS://SHARE.VOOMLY.COM/V/FWMZKBJDWW-HW9N4QNKGHQS-TQK7KAQIQHVDCLCMADSVULKIQ REVERSE CRUNCH:

HTTPS://SHARE.VOOMLY.COM/V/EYH6UEKSBT7TL00FYIICGMVFTAEVFU5GUHS1YCXDXKLYZKPSG SUPERMAN:

HTTPS://SHARE.VOOMLY.COM/V/KSVOZZNH2AGMKBVIZ0DKPQPQAAWSYMD-1CNODF55EBODWXC0D

#### **CORE FOCUS EXERCISES**

**GOBLET SQUAT HOLDING DB:** 

PANTHER SHOULDER TAP:

HTTPS://SHARE.VOOMLY.COM/V/MFZAWTZQVDNOWG0BV4EZV9OXOUG90CXZJQXJHF6CUXNMRU0HU HALF TURKISH GET-UP:

HTTPS://SHARE.VOOMLY.COM/V/SWMIGZ1GFIP HA0-E2HTCQ8MOSP4LDSGRIQCSKCDQKGLBVHWABENT-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/XVF8QEDTNYMHX00DME75QRTGEAHJAQ7P1MAQLDITKXLKEXPWG 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:

HTTPS://SHARE.VOOMLY.COM/V/FITXXTJFPACTBRSWIG452KW11N3ZEDU7RU78VYN5COKBGAADJ SINGLE LEG GLUTE BRIDGE PULSES:

HTTPS://SHARE.VOOMLY.COM/V/FGWNYJD-DFTYWWVC8BDFPU9QHIZZXF-WUXNBJZ40U66CD0VWUROCKING 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:

HTTPS://SHARE.VOOMLY.COM/V/IR4823AHEAQRPG-LFZWI3DINM493XGTG1Y2BESHONWQQCGEYO SINGLE ARM BENT-OVER ROW:

HTTPS://SHARE.VOOMLY.COM/V/A9HFJHTSQYBEVREPCIVLV1DTRVJ1DFS-6J9JIL0AMRKBAGAA4
SUITCASE CARRY:

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