

CORE Strong

WITH NAPLES HOME FITNESS
INCLUDES 5 WORKOUTS
FROM BEGINNER → ADVANCED



NAPLES
HOME FITNESS

Call or text (239) 323-1144

Ready to be CORE STRONG?



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 performance**
- **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?

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

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



Keep Practicing,

Reggie

r@napleshomefitness.com

Instagram: [naplescoach1](#), [fitforfreelance](#)
[Daily Health Tips on Facebook](#)

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!



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 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



#3

Make a mind-muscle connection and focus on your core. This ensures that the right muscles are doing the work.

#4

Warm up with light cardio and/or light body movements (squats, arm circles, etc.) before doing these workouts.

#5

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 What's POSSIBLE FOR YOU



JULES

GUILT-FREE GAMEPLAN CLIENT

Sales

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](#)

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? 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!



Reggie

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

Chris

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

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



VIDEO REFERENCES:

FLOOR CORE EXERCISES

BIRD DOG:

[HTTPS://SHARE.VOOMLY.COM/V/PBYNYTfXMYW1NYXJAUks1YIB0YLNJDGG4PJF391TZ0QLWYGR](https://share.voomly.com/v/PBYNYTfXMYW1NYXJAUks1YIB0YLNJDGG4PJF391TZ0QLWYGR)

GLUTE BRIDGE:

[HTTPS://SHARE.VOOMLY.COM/V/AXEIGNVFEZHCPLPPWIXWORBVUHGPXBQ6WNBFG1NIPEAYD09LG](https://share.voomly.com/v/AXEIGNVFEZHCPLPPWIXWORBVUHGPXBQ6WNBFG1NIPEAYD09LG)

DEAD BUG:

[HTTPS://SHARE.VOOMLY.COM/V/ZOHEZ1OGFKVENTBSTLEH9-MNIRQLHBC-QGM-VSLEJLUCFGRTE](https://share.voomly.com/v/ZOHEZ1OGFKVENTBSTLEH9-MNIRQLHBC-QGM-VSLEJLUCFGRTE)

PANTHER SHOULDER TAP:

[HTTPS://SHARE.VOOMLY.COM/V/FWMZKBJDWW-HW9N4QNKGHQS-TQK7KAQIQHVDCLCMADSVULKIQ](https://share.voomly.com/v/FWMZKBJDWW-HW9N4QNKGHQS-TQK7KAQIQHVDCLCMADSVULKIQ)

REVERSE CRUNCH:

[HTTPS://SHARE.VOOMLY.COM/V/EYH6UEKSBT7TL00FYIICGMVFTA EVFU5GUHS1YCXDXKLYZKPSG](https://share.voomly.com/v/EYH6UEKSBT7TL00FYIICGMVFTA EVFU5GUHS1YCXDXKLYZKPSG)

SUPERMAN:

[HTTPS://SHARE.VOOMLY.COM/V/KSVOZZNH2AGMKBVIZ0DKPQPQA AWSYMD-1CNODF55EBODWXC0D](https://share.voomly.com/v/KSVOZZNH2AGMKBVIZ0DKPQPQA AWSYMD-1CNODF55EBODWXC0D)

CORE FOCUS EXERCISES

GOBLET SQUAT HOLDING DB:

[HTTPS://SHARE.VOOMLY.COM/V/MFZAWTZQVDNOWG0BV4EZV9OXOUG90CXZJQXJHF6CUXNM RU0HU](https://share.voomly.com/v/MFZAWTZQVDNOWG0BV4EZV9OXOUG90CXZJQXJHF6CUXNM RU0HU)

HALF TURKISH GET-UP:

[HTTPS://SHARE.VOOMLY.COM/V/SWMIGZ1GFIP_HA0-E2HTCQ8MOSP4LDSGRIQCSKCDQKGLBVHWA](https://share.voomly.com/v/SWMIGZ1GFIP_HA0-E2HTCQ8MOSP4LDSGRIQCSKCDQKGLBVHWA)

BENT-OVER ROW WITH DBS:

[HTTPS://SHARE.VOOMLY.COM/V/ZAN1JBOPRSCOYUTDLVAXRFXVPRAWAJPWNMWLYW6R8NKE3U-K](https://share.voomly.com/v/ZAN1JBOPRSCOYUTDLVAXRFXVPRAWAJPWNMWLYW6R8NKE3U-K)

HALF-KNEELING WOODCHOP:

[HTTPS://SHARE.VOOMLY.COM/V/XUQNX5IUD8HIOSNYWRD1MUM7BIAGMDIX3UJJCXGMAKL4CMD CD](https://share.voomly.com/v/XUQNX5IUD8HIOSNYWRD1MUM7BIAGMDIX3UJJCXGMAKL4CMD CD)

PUSH-UP:

[HTTPS://SHARE.VOOMLY.COM/V/OHZR2QYXHOVZ3SUQ5J846GQXSWKY015GIN9ZCYYIBENPMGQ3C](https://share.voomly.com/v/OHZR2QYXHOVZ3SUQ5J846GQXSWKY015GIN9ZCYYIBENPMGQ3C)

CORE BURN EXERCISES

CRUNCHES:

[HTTPS://SHARE.VOOMLY.COM/V/KHUPBQSNBMK7SX0RRUSYCQPPFKAWEXSYK2B1FF52QVMAHSQIT](https://share.voomly.com/v/KHUPBQSNBMK7SX0RRUSYCQPPFKAWEXSYK2B1FF52QVMAHSQIT)

SLOW MOUNTAIN CLIMBER:

[HTTPS://SHARE.VOOMLY.COM/V/WMGSLVLOWW71IZXPCHZW8U6EIYKDDQ-OU5_DJPLGJAZPNI4A](https://share.voomly.com/v/WMGSLVLOWW71IZXPCHZW8U6EIYKDDQ-OU5_DJPLGJAZPNI4A)

AB BICYCLE:

[HTTPS://SHARE.VOOMLY.COM/V/GBW3GRAGOVD AUI-NWGC9B4RX0BC5AEM_FWIFMR78MAAKU11GT](https://share.voomly.com/v/GBW3GRAGOVD AUI-NWGC9B4RX0BC5AEM_FWIFMR78MAAKU11GT)

PLANK DRAG THROUGH:

[HTTPS://SHARE.VOOMLY.COM/V/XVF8QEDTNYMHX0ODME75QRTGEAHJAQ7P1MAQLDITKXLKEXPWG](https://share.voomly.com/v/XVF8QEDTNYMHX0ODME75QRTGEAHJAQ7P1MAQLDITKXLKEXPWG)

RUSSIAN TWIST:

[HTTPS://SHARE.VOOMLY.COM/V/UUQASKKFRZOBFRCKMBCZAAOCFC2BJISF15RE_PMVFAZUK0OM](https://share.voomly.com/v/UUQASKKFRZOBFRCKMBCZAAOCFC2BJISF15RE_PMVFAZUK0OM)

FOREARM PLANK:

[HTTPS://SHARE.VOOMLY.COM/V/ZXVRH7QNW L7H0VDBJ7I8FTUBU0APUZE0PV93FQ6ALMVHI0ANG](https://share.voomly.com/v/ZXVRH7QNW L7H0VDBJ7I8FTUBU0APUZE0PV93FQ6ALMVHI0ANG)

VIDEO REFERENCES:

PILATES INSPIRED CORE EXERCISES

SUPINE TOE TAPS:

[HTTPS://SHARE.VOOMLY.COM/V/3RZYDSFAYKCLM5LYWV12OSAGMHOQWPGOGLYAPGBHYN71TYUTB](https://share.voomly.com/v/3RZYDSFAYKCLM5LYWV12OSAGMHOQWPGOGLYAPGBHYN71TYUTB)

AB PENDULUM (BENT KNEES):

[HTTPS://SHARE.VOOMLY.COM/V/DEHEYKREJMNOJZKSCWRF2X8LBGAMHDYGD2C9RWFEBDL_WNBGI](https://share.voomly.com/v/DEHEYKREJMNOJZKSCWRF2X8LBGAMHDYGD2C9RWFEBDL_WNBGI)

ROLLING LIKE A BALL:

[HTTPS://SHARE.VOOMLY.COM/V/MBWNVWRWPNOBIV-K4XID1EBCXU0NGZOZQNXGTHHUP80321X0J](https://share.voomly.com/v/MBWNVWRWPNOBIV-K4XID1EBCXU0NGZOZQNXGTHHUP80321X0J)

SIDE PLANK HIP LIFTS:

[HTTPS://SHARE.VOOMLY.COM/V/FITXJTJFPACTBRSWIG452KW11N3ZEDU7RU78VYN5COKBGAADJ](https://share.voomly.com/v/FITXJTJFPACTBRSWIG452KW11N3ZEDU7RU78VYN5COKBGAADJ)

SINGLE LEG GLUTE BRIDGE PULSES:

[HTTPS://SHARE.VOOMLY.COM/V/FGWNYJD-DFTYWWVC8BDFPU9QHIZZXF-WUXNBJZ40U66CD0VWU](https://share.voomly.com/v/FGWNYJD-DFTYWWVC8BDFPU9QHIZZXF-WUXNBJZ40U66CD0VWU)

ROCKING PLANK:

[HTTPS://SHARE.VOOMLY.COM/V/OKXAKK0VK1FXZAETELSGJWFXHGUQCDCFB3S7FDJMQALYJXLI](https://share.voomly.com/v/OKXAKK0VK1FXZAETELSGJWFXHGUQCDCFB3S7FDJMQALYJXLI)

CORE BLASTER EXERCISES

SINGLE ARM DB CHEST PRESS:

[HTTPS://SHARE.VOOMLY.COM/V/KZZAGYPB0E7RLECOFBSO-S_OSVXER9CCYZZCD5KQPKBLVU8CN](https://share.voomly.com/v/KZZAGYPB0E7RLECOFBSO-S_OSVXER9CCYZZCD5KQPKBLVU8CN)

"KICKSTAND" RDL WITH DB:

[HTTPS://SHARE.VOOMLY.COM/V/VNG77Z_YFNKQ1SYTIWPCUWLZUMPO4CI5KNBKQGNBBXBB0FSK](https://share.voomly.com/v/VNG77Z_YFNKQ1SYTIWPCUWLZUMPO4CI5KNBKQGNBBXBB0FSK)

SINGLE ARM OVERHEAD PRESS:

[HTTPS://SHARE.VOOMLY.COM/V/XBJKDG6ZWXZTYZULFJR3CM0POFGQMOCOC0UMIBMSHJBIJMOWP](https://share.voomly.com/v/XBJKDG6ZWXZTYZULFJR3CM0POFGQMOCOC0UMIBMSHJBIJMOWP)

LUNGE WITH ROTATION:

[HTTPS://SHARE.VOOMLY.COM/V/IR4823AHEAQRPG-LFZWI3DINM493XGTG1Y2BESHONWQQCGEYO](https://share.voomly.com/v/IR4823AHEAQRPG-LFZWI3DINM493XGTG1Y2BESHONWQQCGEYO)

SINGLE ARM BENT-OVER ROW:

[HTTPS://SHARE.VOOMLY.COM/V/A9HFJHTSQYBEVREPCIVLV1DTRVJ1DFS-6J9JIL0AMRKBAGAA4](https://share.voomly.com/v/A9HFJHTSQYBEVREPCIVLV1DTRVJ1DFS-6J9JIL0AMRKBAGAA4)

SUITCASE CARRY:

[HTTPS://SHARE.VOOMLY.COM/V/3ETXDS6TD5SPMJPE9RVZS8AGNRZPCYD02ZJDVJRPMD7UOHXOG](https://share.voomly.com/v/3ETXDS6TD5SPMJPE9RVZS8AGNRZPCYD02ZJDVJRPMD7UOHXOG)