

CORE FIT

core focused fitness plan

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Get stronger the quickest and most effective way possible -with your CORE!!

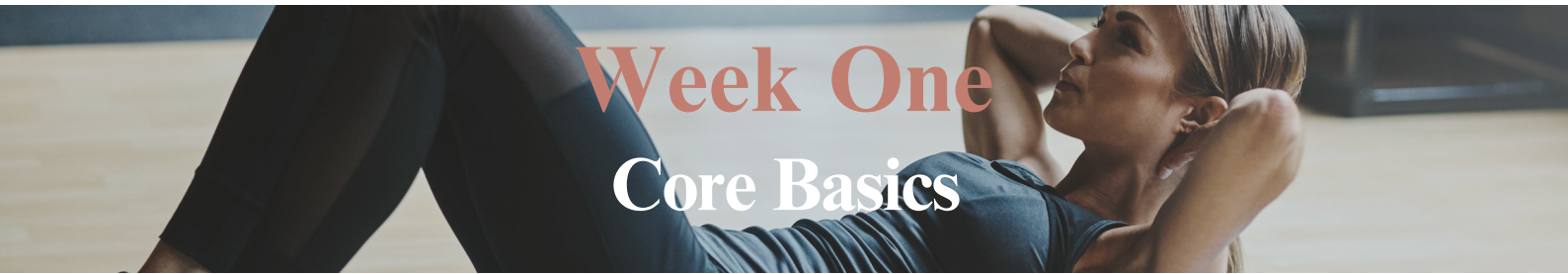
Everything you do starts and ends with your core. I believe that statement whole heartedly because of my personal experience. After my back went out in my early 30's, I have embraced my core to the next level -stretching, strengthening, and making my core the #1 priority in my fitness and daily activities!

This four week plan includes movements I use often. These movements have been tried and tested and proven effective, even if you need to modify! Let's get going!!



Core Fit: 6 Week Plan

Introduction Week	CORE FORM & BASIC TECHNIQUES
Week TWO	CORE WARM-UP
Week THREE	CORE BODYWEIGHT
Week FOUR	CORE WITH A PILATES BALL
Week FIVE	CORE WITH A LOOP BAND
Personal Routine Week	CORE ROUTINE - PERSONALIZATION



Week One

Core Basics

Day of the Week	The Workout of the Day
Monday, Thursday	Warm up for 5-10 minutes before each workout. Work each for 30 seconds: • <i>standing pelvic anterior & posterior tilts</i> • <i>supine (on back; knees bent) glute bridge rolling up & down</i> • <i>all fours: cat to cow spinal movements</i> • <i>wall, chair, or mat push-ups (pull elbows to a 45 degree angle to the side-body)</i> • <i>rest for 30 seconds</i> **repeat for 10 total minutes
Tuesday, Friday	Work each for 30 seconds: • <i>standing forward folds or leg walk-downs (reverse and repeat)</i> • <i>supine with knees bent, alternating anterior and posterior pelvic tilts</i> • <i>upward dog to downward dog (reverse and repeat)</i> • <i>supine tucks to extensions (lower back presses against the mat; c-curve position)</i> • <i>rest for 30 seconds</i> **repeat for 10 total minutes



Week Two

Core Warm-Up

Day of the Week	The Workout of the Day
	Warm up for 5-10 minutes before each workout.
Monday, Thursday	Work each for 30 seconds: • <i>standing overhead alternating arm reaches</i> • <i>standing frankensteins</i> • <i>standing marching high knees (with overhead arms reaching & pulling)</i> • <i>standing butt kickers (with arms opening laterally)</i> • <i>rest for 30 seconds</i> **repeat for 15 total minutes
Tuesday, Friday	Work each for 30 seconds: • <i>standing right leg knee lift pulses</i> • <i>standing left leg knee lift pulses</i> • <i>standing right lunge with left knee pulls</i> • <i>standing left lunge with left knee pulls</i> • <i>rest for 30 seconds</i> **repeat for 15 total minutes



Week Three

Core Bodyweight

Day of the Week	The Workout of the Day Warm up for 5-10 minutes before each workout.
Monday	<i>Work each for 30 seconds:</i> • <i>all-fours with hovering knees</i> • <i>elbow plank with alternating knee taps</i> • <i>all-fours with hovering knees to knee taps</i> • <i>supine abdominal sit-ups or crunches</i> • <i>rest for 30 seconds</i> <i>**repeat for 20 total minutes</i>
Tuesday	<i>Work each for 30 seconds:</i> • <i>extended plank with alternating knee pulls</i> • <i>supine leg drops</i> • <i>seated or hanging knee/leg lifts</i> • <i>bicycle oblique crunches</i> • <i>rest for 30 seconds</i> <i>**repeat for 20 total minutes</i>
Thursday	<i>Work each for 30 seconds:</i> • <i>right side elbow plank with left leg lifts</i> • <i>left side elbow plank with right leg lifts</i> • <i>gluteal bridge lifts</i> • <i>boat pose (hold or rocking)</i> • <i>rest for 30 seconds</i> <i>**repeat for 20 total minutes</i>
Friday	<i>Work each for 30 seconds:</i> • <i>inch worms</i> • <i>superman lifts</i> • <i>mountain climbers</i> • <i>reverse abdominal crunches</i> • <i>rest for 30 seconds</i> <i>**repeat for 20 total minutes</i>



Week Four

Core with the Stability Ball

Day of the Week	The Workout of the Day Warm up for 5-10 minutes before each workout.
Monday	Work each for 30 seconds: • <i>standing torso/oblique rotations with the stability ball (hold the ball, engage the core, rotate from side to side)</i> • <i>stability ball sit-ups (sit on the ball; modify with a Bosu ball)</i> • <i>stability ball oblique crunches (sit on the ball; modify with a Bosu ball)</i> • <i>stability ball gluteal bridge lifts (heels on the ball or Bosu)</i> • <i>rest for 30 seconds</i> **repeat for 20 total minutes
Tuesday	Work each for 30 seconds: • <i>standing stability ball overhead side crunches (wide stance, hold the ball overhead, pull ball down to one side then up and over to the opposite side)</i> • <i>stability ball inch worms (knees on the floor, chest on the ball, walk the hands forward, rolling the body over the ball, then reverse)</i> • <i>supine v-up passing the stability ball (pass the ball from hands to ankles then back as you do a v-up)</i> • <i>stability ball gluteal bridge lift with hamstring curls</i> • <i>rest for 30 seconds</i> **repeat for 20 total minutes
Thursday	Work each for 30 seconds: • <i>stability ball elbow plank hold (elbows on the ball)</i> • <i>stability ball oblique sit-ups (modify with a Bosu ball)</i> • <i>supine stability ball leg drops (place ball between the legs, lower legs down, then back up)</i> • <i>stability ball ab rollout (knees down, hands on ball, core engaged, roll arms over ball as it rolls forward, reverse)</i> • <i>rest for 30 seconds</i> **repeat for 20 total minutes

Friday

Work each for 30 seconds:

- ***stability ball extended plank hold (shins on the ball)***
- ***stability ball crunches (sit on the ball; modify with a Bosu ball)***
- ***seated torso/oblique rotations with the stability ball (hold the ball, engage the core, rotate from side to side)***
- ***stability ball mountain climbers (elbows on plank, knees alternating towards the ball; modify with a Bosu ball)***
- ***rest for 30 seconds***

*****repeat for 20 total minutes***



Week Five

Core with a Loop Band

Day of the Week	The Workout of the Day Warm up for 5-10 minutes before each workout.
Monday	Work each for 30 seconds: • <i>all-fours bird dog right leg posterior lifts - loop band around lower thighs</i> • <i>all-fours loop band bird dog left leg posterior lifts - loop band around lower thighs</i> • <i>loop band glute bridge abduction (knees out & in) - band around lower thighs</i> • <i>loop band glute bridge march - band around lower thighs</i> • <i>rest for 30 seconds</i> **repeat for 20 total minutes
Tuesday	Work each for 30 seconds: • <i>superman lifts with loop band tight around the ankles</i> • <i>all fours right knee lateral lifts - loop band around lower thighs</i> • <i>all fours left knee lateral lifts - loop band around lower thighs</i> • <i>reverse table top with loop band abduction - loop band around lower thighs (modify to a seated position)</i> • <i>rest for 30 seconds</i> **repeat for 20 total minutes
Thursday	Work each for 30 seconds: • <i>all fours knees hover with loop band abduction (knees in and out) - loop band around lower thighs</i> • <i>right side-lying clam shell lifts - loop band around lower thighs</i> • <i>left side-lying clam shell lifts- loop band around lower thighs</i> • <i>supine (on back) flutter kicks - loop band around lower thighs or ankles (advance movement)</i> • <i>rest for 30 seconds</i>

	<i>**repeat for 20 total minutes</i>
Friday	<i>Work each for 30 seconds:</i> <i>• supine (on back) scissor kicks - loop band around lower thighs</i> <i>• supine tucks to a star extension - loop band around lower thighs or ankles (advance movement)</i> <i>• glute bridge lift hold with abduction pulses - loop band around lower thighs</i> <i>• superman flutter kicks - loop band around the ankles</i> <i>• rest for 30 seconds</i> <i>**repeat for 20 total minutes</i>



Week Six
Core Routine

Day of the Week	Personalized Core Routine Warm up for 5-10 minutes before each workout.
Monday	<i>*CHOOSE one movement from each of the five core workouts to include in today's training</i> <i>Work each for 30 seconds:</i> • _____ • _____ • _____ • _____ • _____ • <i>rest for 30 seconds</i> <i>**repeat for 20 total minutes</i>
Tuesday	<i>*CHOOSE one movement from each of the five core workouts to include in today's training</i> <i>Work each for 30 seconds:</i> • _____ • _____ • _____ • _____ • _____ • <i>rest for 30 seconds</i> <i>**repeat for 20 total minutes</i>
Thursday	<i>*CHOOSE one movement from each of the five core workouts to include in today's training</i> <i>Work each for 30 seconds:</i> • _____ • _____ • _____ • _____ • _____ • <i>rest for 30 seconds</i> <i>**repeat for 20 total minutes</i>

Friday

****CHOOSE one movement from each of the five core workouts to include in today's training***

Work each for 30 seconds:

- _____
- _____
- _____
- _____
- _____
- ***rest for 30 seconds***

*****repeat for 20 total minutes***

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