

Transform Your Core

In 5 weeks with only 45 minutes per week!

Get a concrete core with these progressive and complete exercises that will improve balance, overall strength and health.

Beginner ~ Intermediate ~ Advanced



with
Sarah Hansel

Give your body what it needs to perform all your daily tasks better - a concrete core.

Make the commitment for 5 weeks to give a little extra love to your midsection. In only 15 minutes, 3 times per week, you can strengthen, tone and increase balance. **Wellness meal plans also available for free on my website which will help shed off the stubborn fat that could be covering your concrete core.*

To begin, choose the exercise that best suits you. Progress your way up through this plan as you increase strength. This plan can be repeated up to a few months without burn out as you progress through the levels. Let me know how you like it!



Beginner

Week 1: perform each of the A exercises until you feel a good muscle burning sensation, or about 10 reps, 1 set. Planks/hovers hold for 15 seconds.

Week 2 & 3: add 5 more reps to week 1 for A exercises. 1 set. Planks/hovers hold for 20 seconds.

Week 4: perform 20 reps of A exercises. 2 sets. Planks/hovers hold for 30 seconds.

Week 5 & Beyond: perform 15 reps of A exercises. Try B exercises as well. 3 sets. Planks/hovers hold for 45 seconds.



Intermediate

Week 1: perform each of the A (option to add B) exercises until you feel a good muscle burning sensation, or about 15 reps, 2 sets. Planks/hovers hold for 30-45 seconds.

Week 2: perform 20 reps of A & B exercises. 2 sets. Planks/hovers hold for 45-1 seconds.

Week 3 & 4: perform 15 reps of A & B exercises. Try a few C exercises. 3 sets. Planks/hovers hold for 1-1.5 minutes.

Week 5 & Beyond: perform 25 reps of A, B & C 2 sets. Planks/hovers hold for 1.5-2 minutes.



Advanced

Week 1: perform each of the A & B (option to exchange out A for C) exercises until you feel a good muscle burning sensation, or about 20 reps, 1- 2 sets. Planks/hovers hold for 30-1 min.

Week 2 & 3: perform 20 A & B (option to exchange A for C). 2 sets. Increase plank hold to 1-1.5 minutes.

Week 4 & 5: perform 25 B & C exercises. 3 sets. Increase plank hold to 1.5-2 minutes.



*** EXPRESS WORKOUT:** If you are pressed for time, you can perform the exercises that have a '*star*' in front of the name. These exercises will work each portion of your core. Still progress through the designated reps and sets above, just limit the amount of exercises you perform.

Disclaimer: Please note that if you have back, abdominal or oblique pulled muscles, or issues, to consult your physician first before engaging in any exercise program. If you are pregnant or recently delivered a baby, please first speak to your doctor prior to engaging in core exercises. With all exercise, take it slow and controlled and breathe while exercising. Please warm up all prior to core exercises, exercise the advanced options at your own risk.



Demos of Exercises

Work your way up from A-C



*Planks & Hovers:

In a plank position, either extended arms or on elbows, position your body as similar to a board as possible. You can modify by dropped to your knees. To make this more difficult, pull or draw,

your hips towards your shoulder with a squeezing and slight rotation in your hips towards your elbows by bracing your navel. Make sure your shoulders are right over your elbows. Breathe in and out slowly as you contract your bottom and legs and hold the exercise.



*Side Plank Dips:

In a side plank, with feet scissored, or one knee down on elbow, lift your hips and push them slightly forward so your body looks like one

straight line (including your neck and head). Once in a good starting plank position, dip your hips towards the ground and then up to towards the ceiling. ** If this irritates your back, shoulder or too hard on your sides (obliques), take it to a knee and dip slightly or hold it in a side plank. Slowly build up to a more advanced move, or just skip this exercise.*



*Reclining Bicycles:

Lounging back, secure your body with your elbows, but keep chest high from dropping. Bend left leg towards chest. Take the opposite leg either suspended or on the ground and

switch legs as you exhale and inhale. You can go quick or slow with this one. ** The lower your suspended leg is towards the ground, the most intense this exercise becomes. For less intensity, lift your leg higher or keep both bent.*



Bicycles:

In the first picture, keep part of your shoulder blades on the ground as you rotate shoulder and elbow towards your opposite knee. You have the option to extend leg and suspend it off the ground or allow it to touch the ground.

Advanced: In the second picture, keep your chest raised as you sit on your glutes instead of laying back. Rotate back and forth as you bring your knees to your chest. Keep your chest lifted and high.

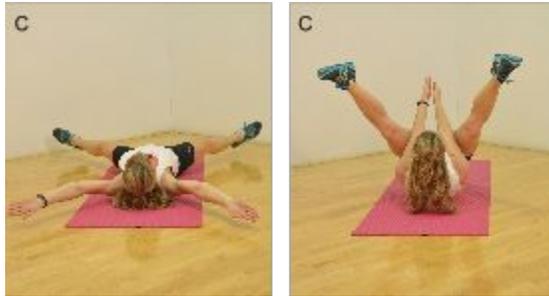




Side Oblique Lifts:

Lay on your side propped up by your elbow. Slightly turn top hip back a little so they are not stacked, but rather lay on your glute (side of your bottom)

instead of your hip. Lifting your legs slightly off the ground, straight for advanced and bent for beginner, slowly lift legs to the ceiling. You can modify this one in many ways



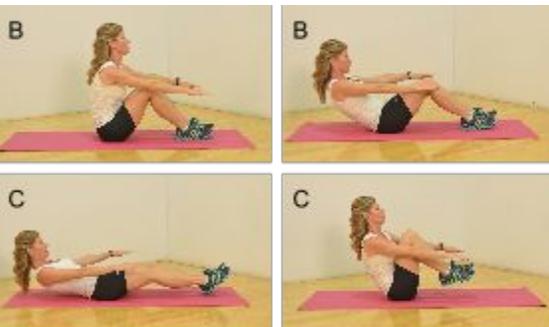
Star Crunches:

Laying in an 'X' on your back with your legs and arms suspended flat, touching the ground, rise leaving your shoulders touching the ground while you bring your legs up and shoot your arms through your legs. **+Advanced:** Make it harder by elevating your shoulders as you lift your arms. Mark it even harder by suspending and hovering your arms and legs at the bottom without touching.



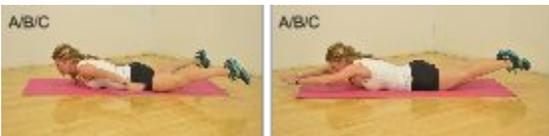
Surfers:

Lay on your stomach in a "swimmer" position (option to elevate your head, arms and legs off the ground) laying flat touching the ground. Lift your legs and arms in a swimming motion up and down for about 2-5 seconds before quickly, getting up and jumping into a low squat. Quickly reverse, by going back down to the starting position. ** Option to only perform swimmer, first photo, without getting up.*



Seal Crunches:

Sit on bottom and lean back just far enough until you feel it, then come back up. Keep chest tall and lifted. Inhale and exhale the entire time. Advanced: Bring feet off the ground and go down farther. **If this strains your back, don't go down as low, or don't do this exercise.*



*Sea Swimmers:

Lay on stomach (option to raise knee caps off the ground) and slightly lift forehead off the ground. Swing arms out to the side in a full swimming motion and then back to the

beginning. ** If your neck is injured or weak, rest your forehead on the mat while performing. You do not need to lift your legs or arms high off the ground. You can also just elevate the arms or the legs, not both.*

