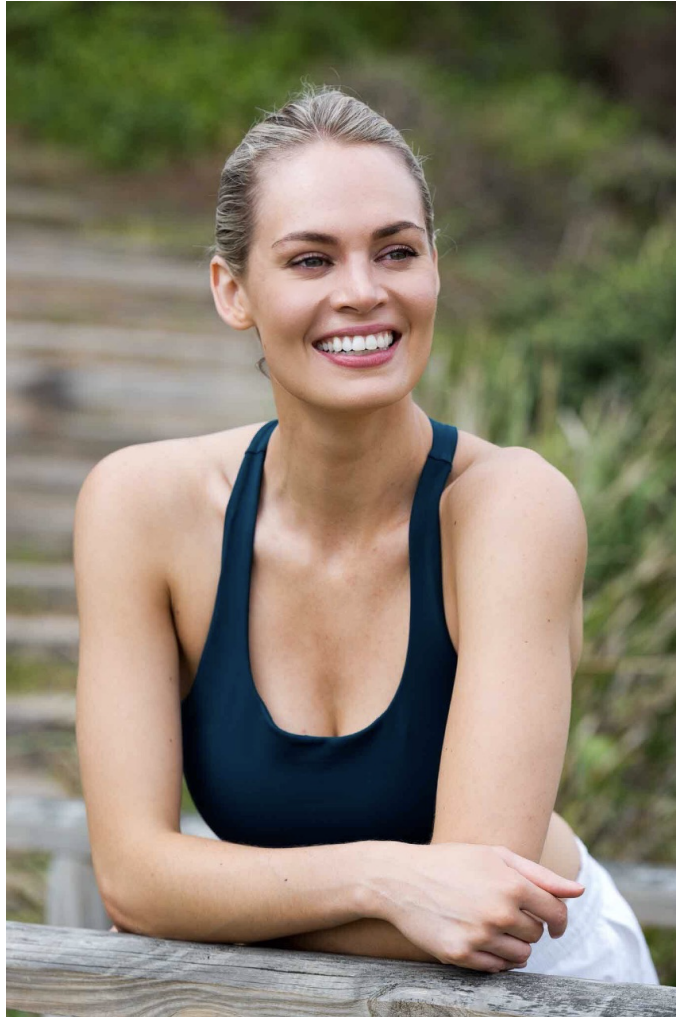


## **ABC (Absolute Basic Core) Program**



The only exercises you'll ever need to tighten and tone your abdominals and achieve the flat stomach you've always dreamed of.

In this program, you will receive six different exercises split into Day 1 and Day 2.

The exercises in Day 1 are beginner based which help to establish a core connection and the exercises in Day 2 are more advanced.

If at anytime, the exercises are too challenging, focus on the exercises in Day 1 and build up to the exercises provided in Day 2.

## Neutral Spine

If you want defined abdominals, you need to master neutral spine.

Once you've mastered neutral spine, you can start to engage in abdominal exercises that will strengthen and tone your core.

### How to find your neutral spine:



1. Lie on your back with knees bent up, feet flat on the floor hip distance apart, and arms by your sides.
2. Relax your head and neck and lengthen through the top of the head to elongate the spine.
3. Imagine you are holding an orange between your chin and chest. Gently draw your shoulder blades down towards your waist.
4. To find the 'neutral position' of your spine imagine your pelvis is a bucket of water. As you tip it backwards to spill water out of the back of the bucket your back will flatten on to the mat.
5. As you tip it forwards to spill water out of the front of the bucket your back will arch.
6. Your 'neutral spine' is the position half way between these two movements.
7. In neutral there should be a small gap between the small of your back and the floor. To engage your core muscles, gently pull your tummy in, and pull your pelvic floor up and in, as if you are stopping yourself from passing urine and wind at the same time.
8. Hold and sustain this contraction as you breathe.

## DAY 1

### [1. DEAD BUGS](#) - click link to open video in Youtube



1. Lie on your back with knees bent up, feet flat on the floor hip distance apart, and arms by your sides.
2. Relax your head and neck. Gently draw your shoulder blades down towards your waist. Ensure that your spine is in neutral.
3. Engage your core muscles by drawing your belly button towards your spine. Lift one foot off the floor and bring the knee over the hip so that the hip and knee are flexed to 90 degrees without you pelvis moving from side to side. Maintain a neutral spine throughout the exercise.
4. Repeat 10 times on each side for 2-3 sets.

**2. BRIDGING** - click link to open video in Youtube



1. Lie on your back with your knees bent up, your feet flat on the floor hip distance apart, and arms by your sides.
2. Tilt your pelvis back gently by curling your lower back into the floor and curling your tailbone upwards.
3. Lift your bottom and spine off the mat, gradually, bone by bone, until you are resting on your shoulder blades.
4. Do not let your pelvis rock from side to side.
5. Hold, and then lower slowly, bone by bone, to the starting position.
6. Repeat 10 times for 2-3 sets.



**3. CHEST LIFT** - click link to open video in Youtube



1. Lie on your back with your knees bent up, your feet flat on the floor hip distance apart.
2. Interlace your fingertips together and place your hands behind your head with your elbows out wide.
3. Keep your tailbone heavy and on an exhale breathe, lift up the head, neck and tips of your shoulder blades and draw your gaze between your thighs. Inhale to lower down.
4. Repeat this movement 10 times for 1-2 sets.
5. To make this movement more challenging, lift up the head, neck and tips of the shoulder blades, hold yourself here as you reach both hands behind your thighs.
6. Pull up 1-2cm, hold this position as you float your hands back behind your head and then lower down, repeat this 10 times.

## DAY 2

[1. QUADRUPED](#) - click link to open video in Youtube



1. Begin on all fours with hands under shoulders and knees under hips.
2. Without arching your back, keep your head in line with your spine and extend right arm and left leg up.
3. Make sure your arm and leg are level with the back. Balance for 3 seconds before returning to starting position.
4. Perform 10 repetitions for each arm/leg combination for 2-3 sets.

[2. PLANK](#) - click link to open video in Youtube



1. Begin on all fours with hands under shoulders and knees under hips.
2. Keep pressing into the floor as you extend one leg out and a time until you come into a plank position.
3. Draw your belly button away toward your spine ever so slightly
4. Hold for 10 seconds and repeat 10 times

**3. ROLLOVER** - click link to open video in Youtube



1. Lie onto your back, with your legs straight and together, and arms out at 45 degrees.
2. Inhale to prepare, with straight legs start to exhale and float the legs up to 90 degrees.
3. Without using momentum, keep lifting your legs up and over and start to peel your tailbone off so your feet are over your head.
4. Separate your legs to hip width apart, then slowly roll down one vertebrae at a time.
5. Once your tailbone touches the mat, circle your legs out and around and connect them back together.
6. Repeat the movement 5 times for 1-2 sets.

**Note: This is an advanced movement and only advanced movers should try this exercise.**

**Disclaimer:**

You should consult your physician or other health care professional if you want to follow this program or any other fitness program to determine if it is right for your needs.

You should also seek medical advice prior to implementing any fitness programs if you are a smoker, have high cholesterol, or have bone or joint problems that could be made worse by a change in physical activity.

Do not use this as your fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

This program is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.

Thank you!

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