

core



about me

hey! my name is michelle & i am so excited to guide you on this journey. with over a decade of experience in the fitness industry, i have dedicated my life to working out and maintaining a healthy lifestyle. it's not just a career for me; it truly is my *passion*.

during my own fitness journey, i discovered the incredible power of exercise to transform not only my body, but also my overall well-being. this inspired me to share my knowledge and expertise with others, helping them achieve their own fitness goals.

fitness is a personal journey and i'm here to help you discover your true potential with my guide! get ready to improve your overall fitness and experience the incredible joy of achieving your goals. together, we've got this!



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things to consider

prioritize proper form: maintaining proper form is crucial for both safety and effectiveness. start with lighter weights/less time and master the correct technique before progressing. remember to engage your core, maintain good posture, and move through full range of motion.

progression: this concept is necessary to continue challenging your muscles. increase the weight, reps, sets or time as you get stronger and more comfortable with the exercises.

listen to your body: make adjustments as needed. pay attention to any pain or discomfort during workouts and modify exercises accordingly.

warm-up & cool-down: a proper warm-up helps increase blood flow and prepares the body for the upcoming workout. stretching and foam rolling for cooling down promotes flexibility and aids in recovery.

nutrition & hydration: it is recommended that you prioritize a balanced diet. consuming an adequate amount of protein is essential for muscle repair and fat loss. make whole food choices such as lean proteins, fruits, vegetables, whole grains, and healthy fats and stay hydrated by drinking water throughout the day, especially during and after workouts.

track progress: tracking your progress using this guide will allow you to see your improvements over time and will provide a sense of accomplishment and motivation.

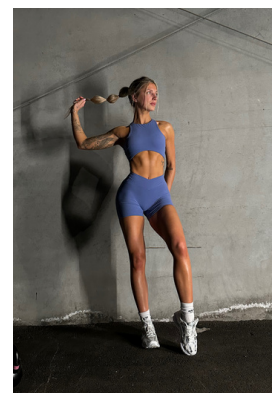
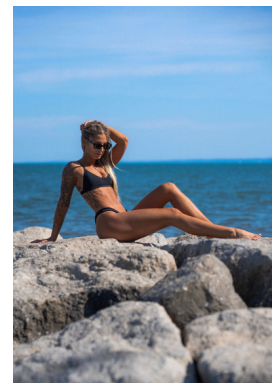
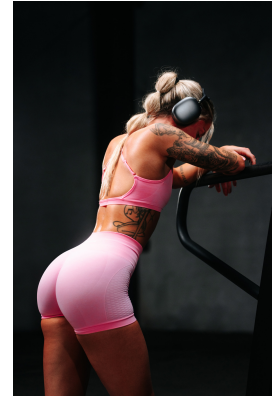
stay consistent: progress takes time and dedication. commit to the 28-day challenge and follow it as closely as possible – consistency is key to achieving your desired outcome.

optional: increasing your *daily steps* is important. walking helps burn fat, activate your core, increase your metabolism, improve cardiovascular health, reduce stress and boost your mood. all of these things play an important role in your overall fitness and health.

how to use this guide: make sure you are challenging yourself by performing each exercise to failure. over time, try to increase your time, weight and/or reps whenever possible to ensure you are progressing for optimal results (*even if this means squeezing out 2 more reps or 10 more seconds*)!

remember: it's important to do your best on each individual day. everyone will have off days. do not let them discourage you. it's consistency over a long period of time that'll produce results!

note: if you do not have access to the equipment listed in any workout, please feel free to duplicate preferred days to substitute.



28-day core challenge

monday: plank power

warm up: 1 min jumping jacks, 1 min arm circles per direction, 1 min cat cow stretch

perform all exercises back to back, **rest 60 seconds** between sets, perform **no less than 3 sets**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<i>exercise</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>
high plank	/	/	/	/
side plank (r)	/	/	/	/
side plank (l)	/	/	/	/
plank shoulder tap	/	/	/	/

cooldown is recommended and can be done on low intensity: foam rolling, static stretching

tuesday: core sculpting

warm up: 1 min jumping jacks, 1 min arm circles per direction, 1 min cat cow stretch

perform all exercises back to back, **rest 60 seconds** between sets, perform **no less than 3 sets**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<i>exercise</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>
leg raise	/	/	/	/
scissor kick	/	/	/	/
crunch	/	/	/	/
single leg raise	/	/	/	/

cooldown is recommended and can be done on low intensity: foam rolling, static stretching

wednesday: dynamic

warm up: 1 min jumping jacks, 1 min arm circles per direction, 1 min cat cow stretch

perform all exercises back to back, **rest 60 seconds** between sets, perform **no less than 3 sets**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<i>exercise</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>
ab bicycle	/	/	/	/
flutter kick	/	/	/	/
plank jack	/	/	/	/
russian twist	/	/	/	/

cooldown is recommended and can be done on low intensity: foam rolling, static stretching

thursday: core fusion

warm up: 1 min jumping jacks, 1 min arm circles per direction, 1 min cat cow stretch

perform all exercises back to back, **rest 60 seconds** between sets, perform **no less than 3 sets**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<i>exercise</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>
sit up	/	/	/	/
side plank twist (r)	/	/	/	/
side plank twist (l)	/	/	/	/
reverse crunch	/	/	/	/
mountain climber	/	/	/	/

cooldown is recommended and can be done on low intensity: foam rolling, static stretching

friday: HIIT

warm up: 1 min jumping jacks, 1 min arm circles per direction, 1 min cat cow stretch

perform all exercises back to back, **rest 60 seconds** between sets, perform **no less than 3 sets**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<i>exercise</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>
high knee	/	/	/	/
plank jack	/	/	/	/
burpee	/	/	/	/
mountain climber	/	/	/	/
standing bicycle	/	/	/	/

cooldown is recommended and can be done on low intensity: foam rolling, static stretching

saturday: stability ball

warm up: 1 min jumping jacks, 1 min arm circles per direction, 1 min cat cow stretch

perform all exercises back to back, **rest 60 seconds** between sets, perform **no less than 3 sets** *SB= stability ball

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<i>exercise</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>
SB crunch	/	/	/	/
SB knee tuck	/	/	/	/
SB pike	/	/	/	/

cooldown is recommended and can be done on low intensity: foam rolling, static stretching

sunday: ultimate core challenge

warm up: 1 min jumping jacks, 1 min arm circles per direction, 1 min cat cow stretch

perform all exercises back to back, **rest 60 seconds** between sets, perform **no less than 3 sets**

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<i>exercise</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>	<i>WEIGHT/REPS or TIME</i>
high plank	/	/	/	/
side plank dip (r)	/	/	/	/
side plank dip (l)	/	/	/	/
alternate toe touch	/	/	/	/
commando	/	/	/	/
heel touch	/	/	/	/
pulse crunch	/	/	/	/

cooldown is recommended and can be done on low intensity: foam rolling, static stretching

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