

4 WEEKS STRONGER CORE CHALLENGE

WELCOME!!

Hi there!

Welcome to the Stronger core program.

Thank you for trusting me and choosing to start getting stronger with my help!

During the next 4 weeks, you will learn the foundations of activation and breathing to work the core, as well as a variety of exercises to help you gain strength and functionality in all your core muscles.

When I say "core", what comes to your mind?

Most people think of "abs" - an image of a fitness model flaunting a shredded midsection - 6 pack - on a magazine cover.

See, "abs" is the right answer, but only partially...

When we talk about the core, we need to think of it as a larger part of our bodies.

Yes, it includes abs, but it also includes your back muscles, your pelvic floor, and even the diaphragm. Think of your core as a cylinder: at the top of this cylinder is your diaphragm, at the bottom is your pelvic floor, and the lateral surface is composed of your abs and back muscles.

[Read more in this article and let's get to work!](#)

I really hope this is helpful and you can enjoy it as well!

Cheers,
Vane

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Week 1

Foundations

DAY 1 Breath & Brace

DAY 2 Loving Planks

DAY 3 Techie

DAY 4 Mix and Match

Week 2

The more, the merrier

DAY 1 Pump it Up

DAY 2 Hold it tight

DAY 3 Looks can be
deceiving

DAY 4 Twist and turn

Week 3

The force is with you

DAY 1 The little weight
that could

DAY 2 Balancing Act

DAY 3 Up you go

DAY 4 Coach's Favs

Week 4

Round it up

DAY 1 Stronger

DAY 2 Crunch it

DAY 3 Mix and Match-
Act 2

DAY 4 Choose your
weapon