

CORE

Strong

INCLUDES 5 WORKOUTS
FROM BEGINNER → ADVANCED



Ready to be CORE STRONG?



Your core muscles work so hard for you... and we've got just the plan to help them do their job even *better*.

How does this sound to you?

- *Tighter midsection*
- *Less back pain*
- *Better performance*
- *Taller, streamlined posture*

Pretty awesome, right?

In this guide, we've included specific workouts to help make that happen... without doing endless crunches.



At MIDLIFE FITNESS, we help midlife men and women lose weight, build muscle, improve energy, and develop healthy habits that lead to lasting change.

Want a sneak peek into how we've helped so many midlife men and women do this?

Click here to check out some success stories and learn how having a personalized strategy, mindset, and accountability can help you, too >>

Home | Michael Collier Midlife Fitness

We hope you love your new Core Strong workouts. We can't wait to hear about your great results!



Committed to your success,

Michael

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Why Your Core Strength MATTERS



Nearly every move you make engages your core muscles.

They help you:

- *Sit up straight*
- *Walk*
- *Bend over to tie your shoes*
- *Pick up your child or grandchild*
- *Drive to and from work*
- *Do simple tasks like rolling over in bed at night*

Your core muscles even help you breathe. And they do it all without you even thinking about them.

But when your core muscles get weak:

- Everyday tasks get harder and more painful
- Your low back may hurt: 4 out of 5 adults experience back pain!
- It can throw off your balance & stability
- Your performance takes a hit: your workouts, hobbies, and sex life
- You can start to slouch — which has a domino effect on your breathing, appearance, and even your confidence

It's time to avoid all of that!

HOW TO USE

These Workouts

#1

YOUR CORE STRONG WORKOUTS CAN BE USED ON THEIR OWN... OR IN COMBINATION WITH OTHER WORKOUTS.

If you want to do a Core Strong workout during one of your other planned workouts, do these core workouts **AFTER**.

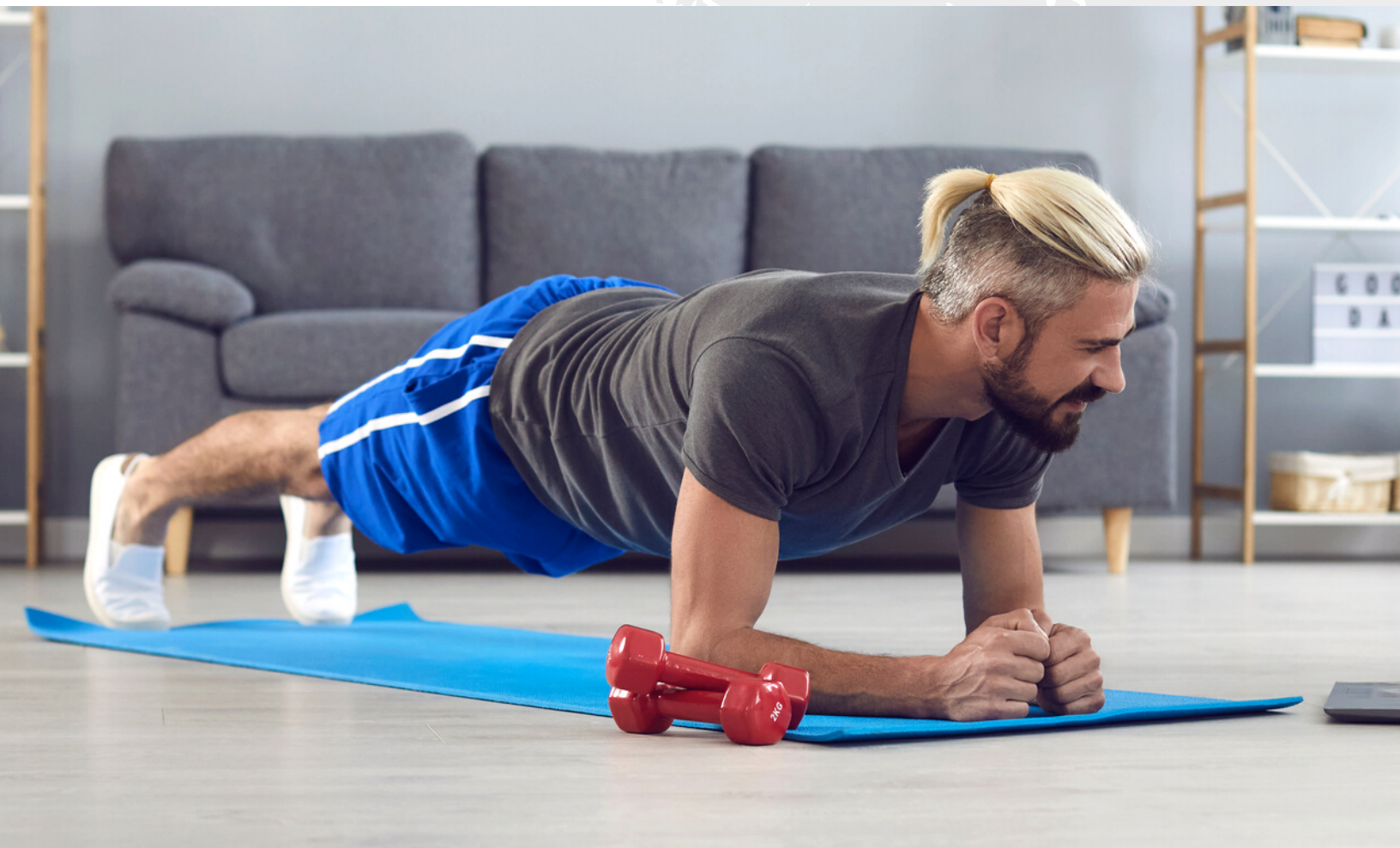
#2

FORM FIRST!

Listen to your body and make sure you're doing each exercise with perfect form. If the exercise becomes challenging, take a break or (for planks and similar exercises) drop to your knees.



➔ HOW TO USE THESE WORKOUTS



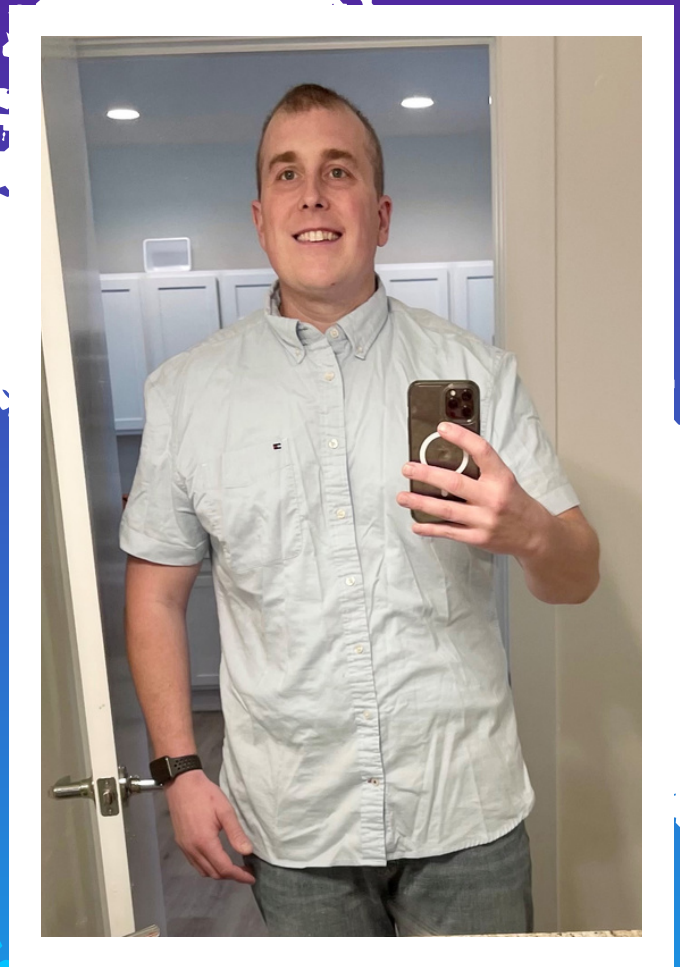
- #3** Make a mind-muscle connection and really focus on your core. This can help ensure that the right muscles are doing the work.
- #4** Warm up with light cardio and/or light body movements (squats, arm circles, etc.) before doing these workouts.
- #5** Should you train your abs every day? Your core is just like every other muscle group - it needs rest to recover after a tough workout! Listen to your body and give your core a break the day after a hard workout, or if it feels sore or tired.

This Is What's **POSSIBLE FOR YOU**



Ron

268 pounds- August 28



26 pounds lost in 10 weeks

242 pounds- November 6

Core Strong

WORKOUTS



FLOOR CORE

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

BIRD DOG *5 reps each side, alternating*

GLUTE BRIDGE *15 reps*

DEAD BUG *5 reps each side, alternating*

PANTHER SHOULDER TAP *5 reps each side, alternating*

REVERSE CRUNCH *15 reps*

SUPERMAN *10 reps (hold for 2 seconds at the top of the movement)*



CORE FOCUS

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

GOBLET SQUAT HOLDING DB	15 reps
HALF TURKISH GET-UP	5 reps each side, alternating
BENT-OVER ROW WITH DBS	12 reps
HALF-KNEELING WOODCHOP	8 reps each side
PUSH-UP	10 reps

CORE BURN

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

CRUNCHES	15 reps
SLOW MOUNTAIN CLIMBER	10 reps each side
AB BICYCLE	30 seconds
PLANK DRAG THROUGH	10 reps each side
RUSSIAN TWIST	10 "twists" to each side
FOREARM PLANK	30-60 seconds

➔ CORE STRONG WORKOUTS

■ ■ PILATES INSPIRED CORE ■ ■

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

SUPINE TOE TAPS	10 reps each side, alternating
AB PENDULUM (BENT KNEES)	10 reps each side, alternating
ROLLING LIKE A BALL	10 reps
SIDE PLANK HIP LIFTS	10 lifts each side
SINGLE LEG GLUTE BRIDGE PULSES	10 lifts each side
ROCKING PLANK	30-60 seconds

■ ■ CORE BLASTER ■ ■

Perform as a circuit 1-3x through, resting for 1-2 minutes between circuits.
(Click each exercise for a quick video walk-through!)

SINGLE ARM DB CHEST PRESS	10 reps each side
"KICKSTAND" RDL WITH DB	10 reps each side
SINGLE ARM OVERHEAD PRESS	10 reps each side
LUNGE WITH ROTATION	10 reps each side
SINGLE ARM BENT-OVER ROW	10 reps each side
SUITCASE CARRY	10 reps each side



Results That

LAST A LIFETIME

Ready for YOUR “after” picture? Midlife Fitness has helped so many people get theirs!

Midlife Fitness works because it's a personalized program that gives you the strategy, mindset, and accountability to be successful.

[LEARN MORE HERE](#)

- ✓ Lose weight (fitting into old clothes - and brand-new ones, too)
- ✓ Build muscle and reduce body fat
- ✓ Confidence (feel comfortable in your own skin)
- ✓ And more!

AND IT GETS EVEN BETTER...

- ✓ A personalized strategy (A proven plan - no more guesswork!)
- ✓ Coaching on mindset
- ✓ Coaching to help you through the rough spots
- ✓ Accountability (to make sure you get results)

Ready to take your NEXT STEPS?

At MIDLIFE FITNESS, our mission is to develop healthy habits that lead to lifetime change.

If you're a midlife man or woman looking for a better way to improve your health and fitness so you can get off the roller coaster of fad diets and workouts, we want to invite you to experience a better approach that's already gotten so many men and women amazing results.

Ways to Work With Me MIDLIFE FITNESS

MIDLIFE FITNESS is a personalized online program based on your goals, your schedule, your life, and will help you lose weight, build muscle, improve energy, and develop healthy habits that lead to lifelong change.

[LEARN MORE HERE](#)

We'd love to be part of your fitness/wellness journey.



Michael

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Michael



"The motivation I received made me feel like anything is possible and I never once felt ashamed or ridiculed for the body I started with. So after failing so many times in so many fitness realms, Midlife Fitness has given me the mindset and body to be happy with myself! Thank you Midlife Fitness!"



VIDEO REFERENCES:

FLOOR CORE EXERCISES

BIRD DOG:

[HTTPS://SHARE.VOOMLY.COM/V/PBYNYNYFTXMYWINYXJAUKSIYIB0YLNJDGG4PJF39ITZ0QLWYGR](https://share.voomly.com/v/pbyynyftxmywinyxjauksiyib0ylnjdgg4pjf39itz0qlwygr)

GLUTE BRIDGE:

[HTTPS://SHARE.VOOMLY.COM/V/AXEIGNVFEZHCPLPPWIXWORBVUHGPXBQ6WNBFGINPEAYD09LG](https://share.voomly.com/v/axeignvfezhcplppwixworbvuhgpxbq6wnbfginipeayd09lg)

DEAD BUG:

[HTTPS://SHARE.VOOMLY.COM/V/ZOHEZIOGFKVENTBSTLEH9-MNIRQLHBC-QGM-VSLEJLUCFGRTE](https://share.voomly.com/v/zoheziofgkventbstleh9-mnirqlhbc-qgm-vslejluvcgrte)

PANTHER SHOULDER TAP:

[HTTPS://SHARE.VOOMLY.COM/V/FWMZKBJDWW-HW9N4QNKGHQS-TQK7KAQIQHVDCCLMADSVULKIQ](https://share.voomly.com/v/fwmzkbjdww-hw9n4qnkghqs-tqk7kaqiqhvdcclmadsvulkio)

REVERSE CRUNCH:

[HTTPS://SHARE.VOOMLY.COM/V/EYH6UEKSBT7TL00FYIICGMVFTAIEVFU5GUHSIYCXDXKLYZKPSG](https://share.voomly.com/v/eyh6ueksbt7tl00fyiicgmvtfaevfu5guhsiyCXDXKLYZKPSG)

SUPERMAN:

[HTTPS://SHARE.VOOMLY.COM/V/KSVOZZNH2AGMKBVIZ0DKPQPQAAWSYMD-1CNODF55EBODWXC0D](https://share.voomly.com/v/ksvozznh2agmkbviz0dkpqpqaawsymd-1cnodf55ebodwxc0d)

CORE FOCUS EXERCISES

GOBLET SQUAT HOLDING DB:

[HTTPS://SHARE.VOOMLY.COM/V/MFZAWTZQVDNOWG0BV4EZV9OXOUG90CXZJQXJHF6CUXNMRU0HU](https://share.voomly.com/v/mfzawtzqvdnowg0bv4ezv9oxoug90cxzjqxjhf6cuxnmru0hu)

HALF TURKISH GET-UP:

[HTTPS://SHARE.VOOMLY.COM/V/SWMIGZ1GFIP_HA0-E2HTCQ8MOSP4LDSGRIQCSKCDQKGLBVHWA](https://share.voomly.com/v/swmigz1gfip_ha0-e2htcq8mosp4ldsgriqcskcdqkglbvhw)

BENT-OVER ROW WITH DBS:

[HTTPS://SHARE.VOOMLY.COM/V/ZANIJBOPRSCYOYUTDLVAXRFXYVPRAWAJPWNMWLYW6R8NKE3U-K](https://share.voomly.com/v/zanijboprscoyutdlvaxrfxyvprawajpwnmwlyw6r8nke3u-k)

HALF-KNEELING WOODCHOP:

[HTTPS://SHARE.VOOMLY.COM/V/XUQNX5IUD8HIOSNYWRDIMUM7BIAGMDIX3UJJCXGMAKL4CMDCD](https://share.voomly.com/v/xuqnx5iud8hiosnywrDIMUM7BIAGMDIX3UJJCXGMAKL4CMDCD)

PUSH-UP:

[HTTPS://SHARE.VOOMLY.COM/V/OHZR2QYXHOVZ3SUQ5J846GQXSWKY015GIN9ZCYYIBENPMGQ3C](https://share.voomly.com/v/ohzr2qyxhovz3suq5j846gqxswky015gin9zcyiyibenpmgq3c)

CORE BURN EXERCISES

CRUNCHES:

[HTTPS://SHARE.VOOMLY.COM/V/KHUPBQSNBMK7SX0RRUSYCGPPFKAWEXSYK2BIF52QVMAHSQIT](https://share.voomly.com/v/khupbqsnbmK7SX0RRUSYCGPPFKAWEXSYK2BIF52QVMAHSQIT)

SLOW MOUNTAIN CLIMBER:

[HTTPS://SHARE.VOOMLY.COM/V/WMGSLVLOWW7IIZXYPCHZW8U6EiyKDDQ-OU5_DJPLGJAZPNI4A](https://share.voomly.com/v/wmgslvloww7iizxypchzw8u6EiyKDDQ-OU5_DJPLGJAZPNI4A)

AB BICYCLE:

[HTTPS://SHARE.VOOMLY.COM/V/GBW3GRAGOVDAUI-NWGC9B4RX0BC5AEM_FWIFMR78MAAKUIIGT](https://share.voomly.com/v/gbw3gragovdaui-nwgc9b4rx0bc5aem_fwifmr78MAAKUIIGT)

PLANK DRAG THROUGH:

[HTTPS://SHARE.VOOMLY.COM/V/XVF8QEDTNYMHX0ODME75QRTGEAHJAQ7PIMAQLDITKXLKEXPWG](https://share.voomly.com/v/xvf8qedtNYMHX0ODME75QRTGEAHJAQ7PIMAQLDITKXLKEXPWG)

RUSSIAN TWIST:

[HTTPS://SHARE.VOOMLY.COM/V/UUQASKKFRZOBFRCKMBCZAAOCFC2BJISFI5RE_PMVFAZUK00M](https://share.voomly.com/v/uuqaskkfrzobfrCCKMBCZAAOCFC2BJISFI5RE_PMVFAZUK00M)

FOREARM PLANK:

[HTTPS://SHARE.VOOMLY.COM/V/ZXVRH7QNWL7H0VDBJ7I8FTUBU0APUZE0PV93FQ6ALMVHI0ANG](https://share.voomly.com/v/zxvrh7qnwl7H0VDBJ7I8FTUBU0APUZE0PV93FQ6ALMVHI0ANG)

VIDEO REFERENCES:

PILATES INSPIRED CORE EXERCISES

SUPINE TOE TAPS:

[HTTPS://SHARE.VOOMLY.COM/V/3RZYDSFAYKCLM5LYWV12OSAGMHOQWPGOGLYAPGBHYN7ITYUTB](https://share.voomly.com/v/3RZYDSFAYKCLM5LYWV12OSAGMHOQWPGOGLYAPGBHYN7ITYUTB)

AB PENDULUM (BENT KNEES):

[HTTPS://SHARE.VOOMLY.COM/V/DEHEYKREJMNOJZKSCWRF2X8LBGAMHDYGD2C9RWFEBDL_WNBGI](https://share.voomly.com/v/DEHEYKREJMNOJZKSCWRF2X8LBGAMHDYGD2C9RWFEBDL_WNBGI)

ROLLING LIKE A BALL:

[HTTPS://SHARE.VOOMLY.COM/V/MBWNVRWPNOBIV-K4XIDIEBCXU0NGZOZQNXGTHHUP80321X0J](https://share.voomly.com/v/MBWNVRWPNOBIV-K4XIDIEBCXU0NGZOZQNXGTHHUP80321X0J)

SIDE PLANK HIP LIFTS:

[HTTPS://SHARE.VOOMLY.COM/V/FITXXTJFPACTBRSWIG452KW1IN3ZEDU7RU78VYN5COKBGAADJ](https://share.voomly.com/v/FITXXTJFPACTBRSWIG452KW1IN3ZEDU7RU78VYN5COKBGAADJ)

SINGLE LEG GLUTE BRIDGE PULSES:

[HTTPS://SHARE.VOOMLY.COM/V/FGWNYJD-DFTYWWVC8BDFPU9QHIZZXF-WUXNBJZ40U66CD0VWU](https://share.voomly.com/v/FGWNYJD-DFTYWWVC8BDFPU9QHIZZXF-WUXNBJZ40U66CD0VWU)

ROCKING PLANK:

[HTTPS://SHARE.VOOMLY.COM/V/OKXAKK0VKIFXZAETELSGJWFHXGUQCDCFB3S7FDJMQALYJXLI](https://share.voomly.com/v/OKXAKK0VKIFXZAETELSGJWFHXGUQCDCFB3S7FDJMQALYJXLI)

CORE BLASTER EXERCISES

SINGLE ARM DB CHEST PRESS:

[HTTPS://SHARE.VOOMLY.COM/V/KZZAGYPB0E7RLECOFBSO-S_OSVXER9CCYZZCD5KQPKBLVU8CN](https://share.voomly.com/v/KZZAGYPB0E7RLECOFBSO-S_OSVXER9CCYZZCD5KQPKBLVU8CN)

"KICKSTAND" RDL WITH DB:

[HTTPS://SHARE.VOOMLY.COM/V/VNG77Z_YFNKQ1SYTIWPCUWLZUMPO4C15KNBKQGNBBXBB0FSK](https://share.voomly.com/v/VNG77Z_YFNKQ1SYTIWPCUWLZUMPO4C15KNBKQGNBBXBB0FSK)

SINGLE ARM OVERHEAD PRESS:

[HTTPS://SHARE.VOOMLY.COM/V/XBJKDG6ZWXZTYZULFJR3CM0POFGQMOCOC0UMIBMSHJBIJM0WP](https://share.voomly.com/v/XBJKDG6ZWXZTYZULFJR3CM0POFGQMOCOC0UMIBMSHJBIJM0WP)

LUNGE WITH ROTATION:

[HTTPS://SHARE.VOOMLY.COM/V/IR4823AHEAQRPG-LFZWI3DINM493XGTGIY2BESHONWQQCGEYO](https://share.voomly.com/v/IR4823AHEAQRPG-LFZWI3DINM493XGTGIY2BESHONWQQCGEYO)

SINGLE ARM BENT-OVER ROW:

[HTTPS://SHARE.VOOMLY.COM/V/A9HFJHTSQYBEVREPCIVLVIDTRVJIDFS-6J9JIL0AMRKBAGAA4](https://share.voomly.com/v/A9HFJHTSQYBEVREPCIVLVIDTRVJIDFS-6J9JIL0AMRKBAGAA4)

SUITCASE CARRY:

[HTTPS://SHARE.VOOMLY.COM/V/3ETXDS6TD5SPMJPE9RVZS8AGNRZPCYD02ZJDVJRPMD7UOHXOG](https://share.voomly.com/v/3ETXDS6TD5SPMJPE9RVZS8AGNRZPCYD02ZJDVJRPMD7UOHXOG)