

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 FIT KAT BOOTCAMP, we help busy ladies who find normal gyms intimidating to lose weight and feel better in their own skin.

Want a sneak peek into how we've helped many other women just like you to do this?

Check out on www.fitkat.info to check out some success stories and learn how our simple approach can help you :)

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



Committed to your success,

Kat

www.fitkat.info

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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.

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

15 reps each side, alternating

GLUTE BRIDGE

15 reps

DEAD BUG

15 reps each side, alternating

PANTHER SHOULDER TAP

15 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

15 reps each side, alternating

BENT-OVER ROW WITH DBS

12 reps

HALF-KNEELING WOODCHOP

15 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? Our 4 week kickstart has helped many ladies to get theirs!

At FIT KAT BOOTCAMP, we help busy ladies who find normal gyms intimidating to lose weight and feel better in their own skin.

- ✓ Benefit 1 fitting into old clothes - and brand-new ones
- ✓ Benefit 2 better skin
- ✓ Benefit 3 confidence
- ✓ And more!

AND IT GETS EVEN BETTER...

- ✓ Feature 1 A proven plan - no more guesswork!
- ✓ Feature 2 Weekly action plans
- ✓ Feature 3 Coaching to help you through the rough spots
- ✓ Feature 4 Accountability

Ready to take your NEXT STEPS?

Fit Kat offers fitness training for all women. It fuses the traditional bootcamp with boxing, strength and cardio training.

With the option of one-on-one personal training sessions or group fitness classes, I can offer a tailored approach to meet your fitness goals, from a beginner level to advanced.

Fit Kat is not your average gym. Set in a unique and idyllic environment in the Sunshine Coast town of Diddillibah, it offers a space to breathe in nature after the intensity of a workout. It is safe and supportive for all women.

Ways to Work With Me

28 Day Kickstart

This program can help you to:

Naturally balance blood sugar and help eliminate cravings

Help balance hormones

Improve brain health, memory, and clear "brain fog"

Improve digestion

Increase energy levels

Improve the quality of sleep

Decrease anxiety & mood swings



Kat

www.fitkat.info
0435500452

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



Em

The care and attention to detail Kat has for her clients is unmatched. Kat listens to your needs, with understanding of your body and it's own journey works with you to create the best version of yourself, with mind and body. Either doing a personal training or a group session. She will push you to your limits and past. But knowing when you are truly done and respect if today is not always the day for kicking goals but just to have turned up.

The laughs without fail will get the core working. Kat with an understanding of training with children gives you the time, space and assistance to find yourself again after having our little loves. Being safe places for all age groups to come and watch mama kick some goals Thank you Kat for all you have done for our family and all the amazing adventures in the future.

WWW.FITKAT.INFO

VIDEO REFERENCES:

FLOOR CORE EXERCISES

BIRD DOG:

[HTTPS://SHARE.VOOMLY.COM/V/PBYNYTFXMYWINYXJAUKSIYIB0YLNJDGG4PJF39ITZ0QLWYGR](https://share.voomly.com/v/PBYNYTFXMYWINYXJAUKSIYIB0YLNJDGG4PJF39ITZ0QLWYGR)

GLUTE BRIDGE:

[HTTPS://SHARE.VOOMLY.COM/V/AXEIGNVFEZHCPLPPWIXWORBVUHGPXBQ6WNBFGINIPEAYD09LG](https://share.voomly.com/v/AXEIGNVFEZHCPLPPWIXWORBVUHGPXBQ6WNBFGINIPEAYD09LG)

DEAD BUG:

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

PANTHER SHOULDER TAP:

[HTTPS://SHARE.VOOMLY.COM/V/FWMZKBJDWW-HW9N4QNKGHQS-TQK7KAQIQHVDCLCMADSVULKIQ](https://share.voomly.com/v/FWMZKBJDWW-HW9N4QNKGHQS-TQK7KAQIQHVDCLCMADSVULKIQ)

REVERSE CRUNCH:

[HTTPS://SHARE.VOOMLY.COM/V/EYH6UEKSBT7TL00FYIICGMVFTAEVFU5GUHSIYCXDXKLYZKPSG](https://share.voomly.com/v/EYH6UEKSBT7TL00FYIICGMVFTAEVFU5GUHSIYCXDXKLYZKPSG)

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/SWMIGZIGFIP_HA0-E2HTCQ8MOSP4LDSGRIQCSKCDQKGLBVHWA](https://share.voomly.com/v/SWMIGZIGFIP_HA0-E2HTCQ8MOSP4LDSGRIQCSKCDQKGLBVHWA)

BENT-OVER ROW WITH DBS:

[HTTPS://SHARE.VOOMLY.COM/V/ZANIJBOPRSCOYUTDLVAXRFXYPRAWAJPWNMWLYW6R8NKE3U-K](https://share.voomly.com/v/ZANIJBOPRSCOYUTDLVAXRFXYPRAWAJPWNMWLYW6R8NKE3U-K)

HALF-KNEELING WOODCHOP:

[HTTPS://SHARE.VOOMLY.COM/V/XUQNX5IUD8HIOSNYWRD1MUM7BIAGMDIX3UJJCXGMAKL4CMDCD](https://share.voomly.com/v/XUQNX5IUD8HIOSNYWRD1MUM7BIAGMDIX3UJJCXGMAKL4CMDCD)

PUSH-UP:

[HTTPS://SHARE.VOOMLY.COM/V/OHZR2QYXHOVZ3SUQ5J846GQXSWKY0I5GIN9ZCYYIBENPMGQ3C](https://share.voomly.com/v/OHZR2QYXHOVZ3SUQ5J846GQXSWKY0I5GIN9ZCYYIBENPMGQ3C)

CORE BURN EXERCISES

CRUNCHES:

[HTTPS://SHARE.VOOMLY.COM/V/KHUPBQSNBMK7SX0RRUSYCQPPFKAWEXSYK2BIF52QVMAHSQIT](https://share.voomly.com/v/KHUPBQSNBMK7SX0RRUSYCQPPFKAWEXSYK2BIF52QVMAHSQIT)

SLOW MOUNTAIN CLIMBER:

[HTTPS://SHARE.VOOMLY.COM/V/WMGSLVLOWW7IIZXYPCHZW8U6EIKDDQ-OU5_DJPLGJAZPNI4A](https://share.voomly.com/v/WMGSLVLOWW7IIZXYPCHZW8U6EIKDDQ-OU5_DJPLGJAZPNI4A)

AB BICYCLE:

[HTTPS://SHARE.VOOMLY.COM/V/GBW3GRAGOVDAUI-NWGC9B4RX0BC5AEM_FWIFMR78MAAKU1IGT](https://share.voomly.com/v/GBW3GRAGOVDAUI-NWGC9B4RX0BC5AEM_FWIFMR78MAAKU1IGT)

PLANK DRAG THROUGH:

[HTTPS://SHARE.VOOMLY.COM/V/XVF8QEDTNYMHX0ODME75QRTGEAHJAQ7P1MAQLDITKXLKEXPWG](https://share.voomly.com/v/XVF8QEDTNYMHX0ODME75QRTGEAHJAQ7P1MAQLDITKXLKEXPWG)

RUSSIAN TWIST:

[HTTPS://SHARE.VOOMLY.COM/V/UUQASKKFRZOBFRCKMBCZAAOCFC2BJISFI5RE_PMVFAZUK0OM](https://share.voomly.com/v/UUQASKKFRZOBFRCKMBCZAAOCFC2BJISFI5RE_PMVFAZUK0OM)

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/3RZYDSFAYKCLM5LYWVI2OSAGMHOQWPGOGLYAPGBHYN7ITYUTB](https://share.voomly.com/v/3RZYDSFAYKCLM5LYWVI2OSAGMHOQWPGOGLYAPGBHYN7ITYUTB)

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/FITXXTJFPACTBRSWIG452KWIIIN3ZEDU7RU78VYN5COKBGAADJ](https://share.voomly.com/v/FITXXTJFPACTBRSWIG452KWIIIN3ZEDU7RU78VYN5COKBGAADJ)

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/OKXAKK0VKIFXZAETELSGJWFXHGUQCDCFB3S7FDJMQALYJXLI](https://share.voomly.com/v/OKXAKK0VKIFXZAETELSGJWFXHGUQCDCFB3S7FDJMQALYJXLI)

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_YFNKQISYTIWPCUWLZUMPO4CI5KNBKQGNBBXBB0FSK](https://share.voomly.com/v/VNG77Z_YFNKQISYTIWPCUWLZUMPO4CI5KNBKQGNBBXBB0FSK)

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)