

CORE WORKOUTS



**A 25 page
printable
workbook you
can use
today!**



Full Circle Fitness



A NOTE FROM YOUR COACH

ROSA COLETTO

Rosa Coletto has been inspiring people to discover their own strengths, confidence and renewed outlook on life since 2008. In 2014, Rosa opened Full Circle Fitness with the mission to empower, educate, and inspire those in her community to strive for a better quality of life. She is a Certified Personal Trainer, Functional Aging Specialist, Brain Health Trainer, and Peak Pilates Instructor who will motivate you to live your best life!

Disclaimer: Not all exercise programs are suitable for everyone. Check with your doctor before beginning any fitness program to avoid/reduce the risk of injury. Perform these exercises at your own risk. Full Circle Fitness will not be responsible or liable for any injury sustained as a result of using any fitness program presented in this document.

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Rosa Coletto

Full Circle Fitness
fcfitness.com/

BEGINNER WORKOUTS

BEGINNER WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

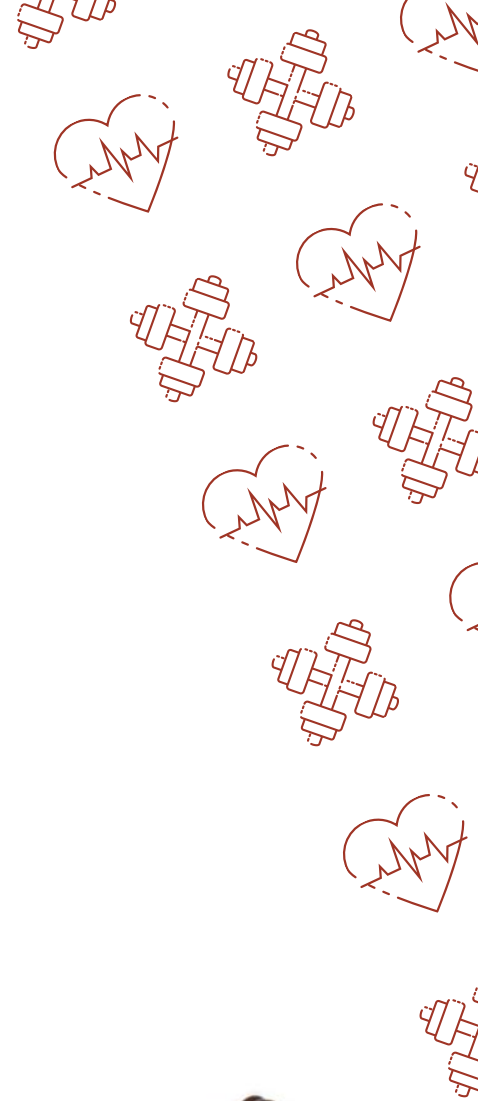
2-4 Rounds depending on fitness level
Rest as little as possible between exercises

PLANK LEVEL 1 X 15 SEC HOLD

BIRD DOG X 5 REPS/SIDE

**BEGINNER SIDE PLANK X 10 SEC
HOLD**

BIRD DOG X 5 REPS/SIDE



BEGINNER WORKOUT #2

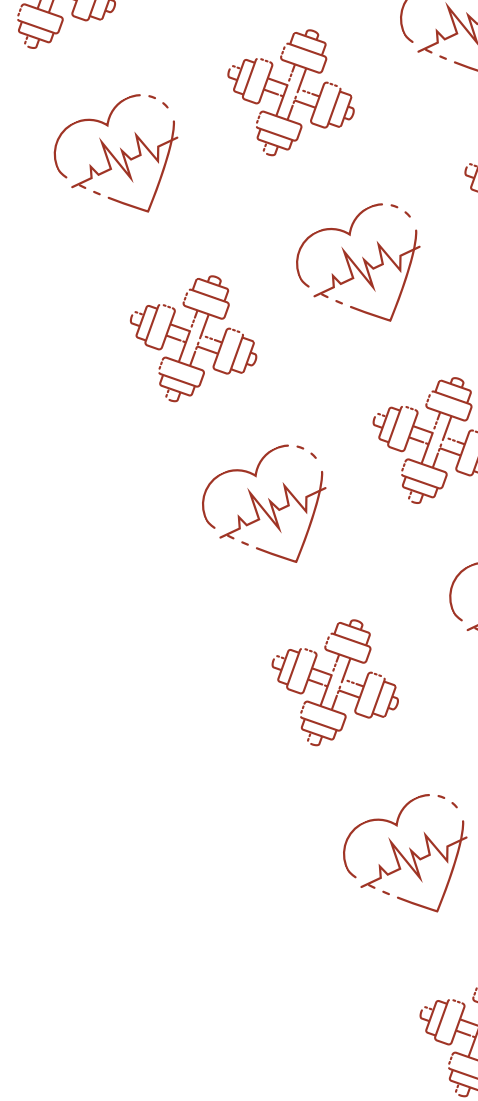
CORE WORKOUT

INSTRUCTIONS:

4-8 Rounds depending on fitness level
Rest as little as possible between exercises

PLANK LEVEL 1 X 15 SEC HOLD

**BEGINNER SIDE PLANK X 10 SEC
HOLD**



INTERMEDIATE WORKOUTS

INTERMEDIATE WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

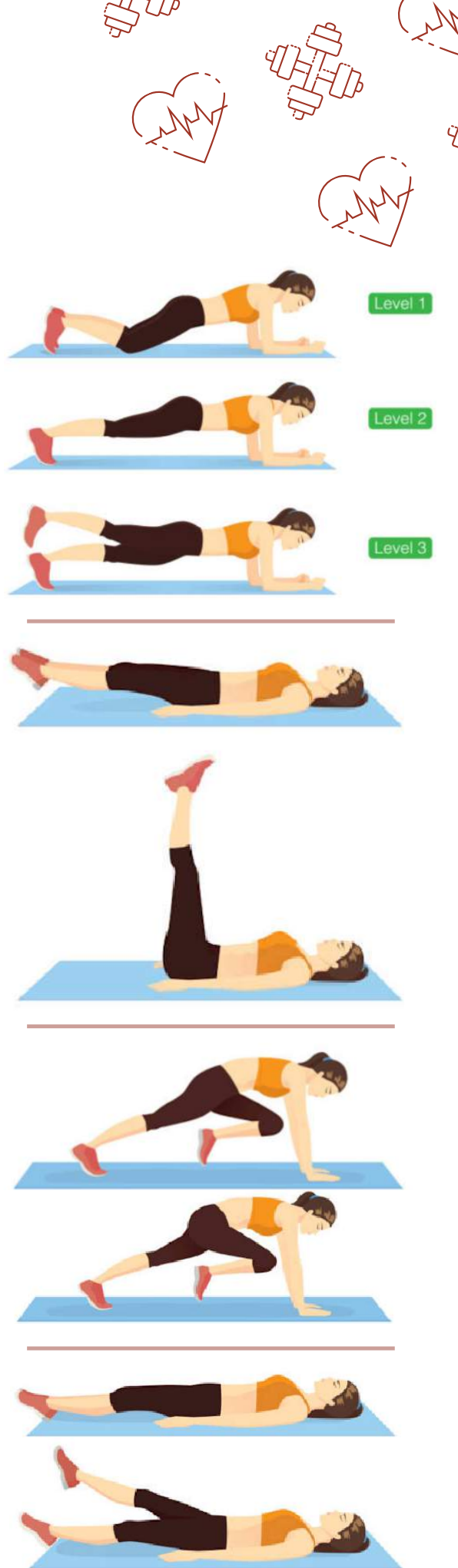
Rest as needed between exercises, up to 30 secs

PLANK LEVEL 2 X 30-60 SEC
HOLD

LEG LOWERING X 10 REPS

MOUNTAIN CLIMBERS X 20
REPS/LEG

FLUTTER KICKS X 20 REPS/LEG



INTERMEDIATE WORKOUT #2

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

Rest as needed between exercises, up to 30 secs

CRUNCH X 15 REPS

SIDE PLANK X 20-30 SEC

HOLD/SIDE

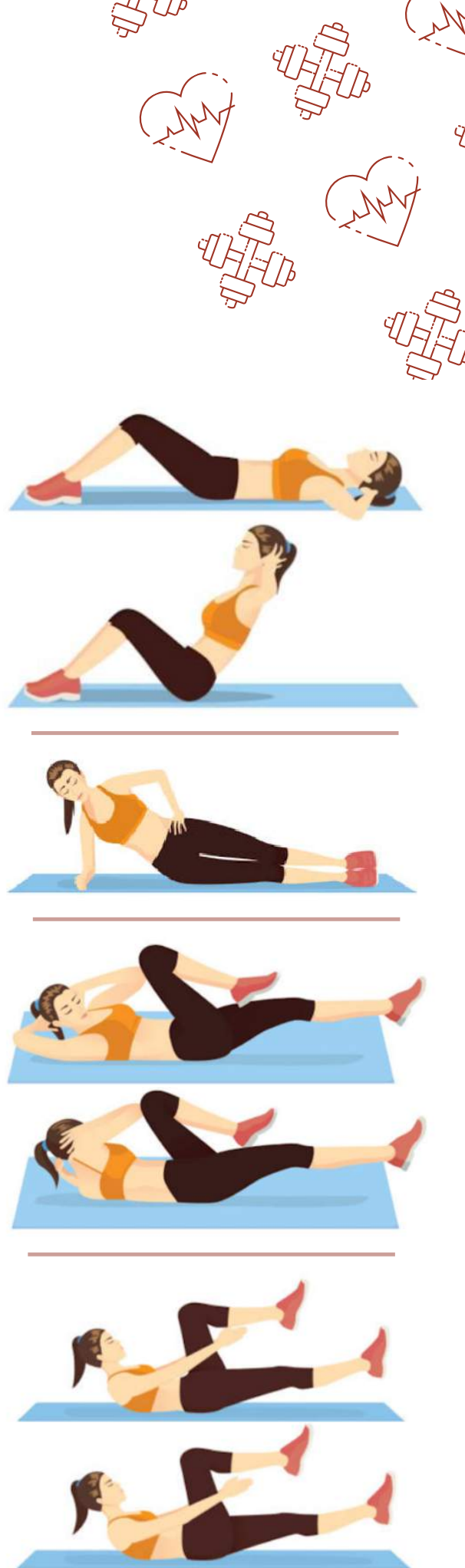
CROSS CRUNCH X 8 REPS/SIDE

SIDE PLANK X 20-30 SEC

HOLD/SIDE

**CRUNCH REACH THROUGH X 8
REPS/SIDE**

SIDE PLANK X 20-30 SEC HOLD



INTERMEDIATE WORKOUT #3

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level
Rest as needed between exercises, up to 30 secs

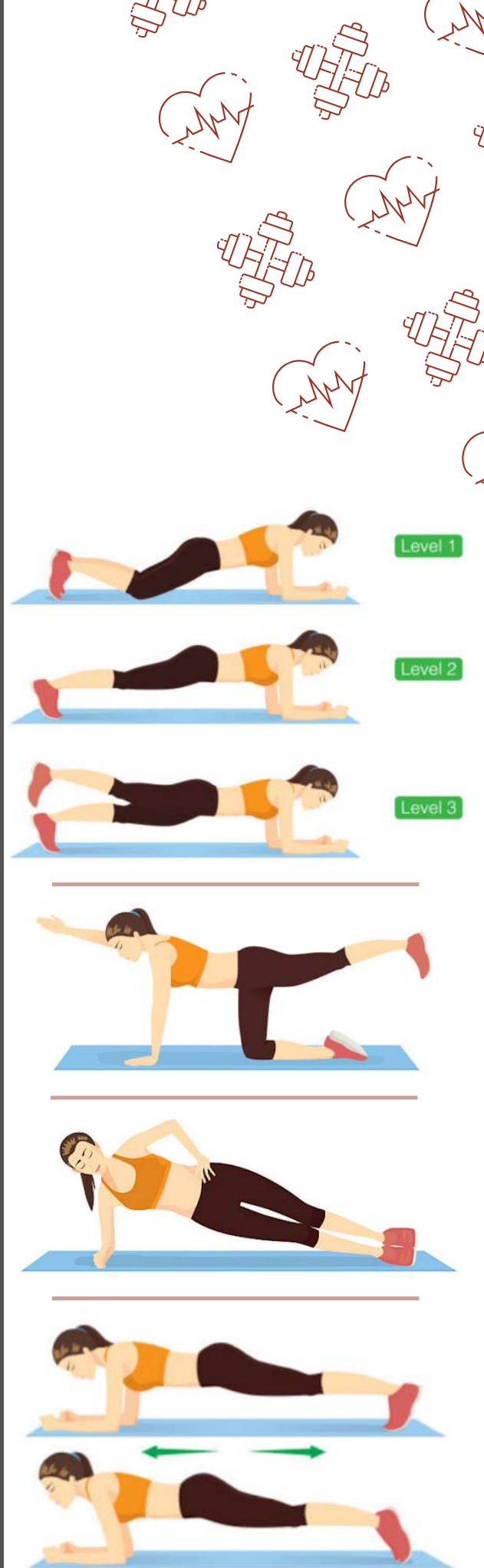
PLANK LEVEL 2 X 30-60 SEC
HOLD

BIRD DOG X 8 REPS/SIDE

SIDE PLANK X 20-30 SEC
HOLD/SIDE

BIRD DOG X 8 REPS/SIDE

PLANK SAW X 25 REPS



INTERMEDIATE WORKOUT #4

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level

Rest as needed between exercises, up to 30 secs

LEG LOWERING X 30 SECS

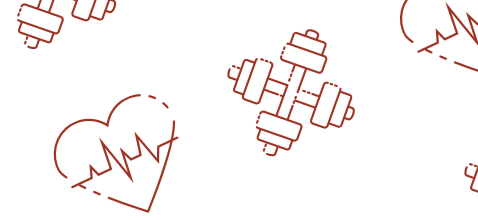
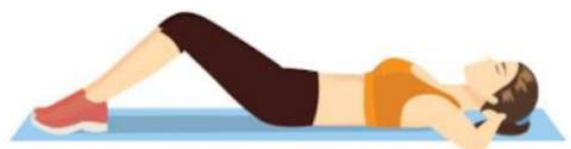
MT CLIMBER X 60 SECS

FLUTTER KICKS X 30 SECS

MT CLIMBERS X 60 SECS

CRUNCH X 30 SECS

MT CLIMBERS X 60 SECS



ADVANCED WORKOUTS

ADVANCED WORKOUT #1

CORE WORKOUT

INSTRUCTIONS:

3-5 Rounds depending on fitness level
Rest as little as possible between exercises

PLANK LEVEL 3 X 30 SEC/LEG

REVERSE CRUNCH X 15 REPS

SIDE PLANK X 30-45 SEC
HOLD/SIDE

V SIT UP X 15 REPS

ALTERNATE ARM/LEG RAISE X 10
REPS/SIDE



ADVANCED WORKOUT #2

CORE WORKOUT

INSTRUCTIONS:

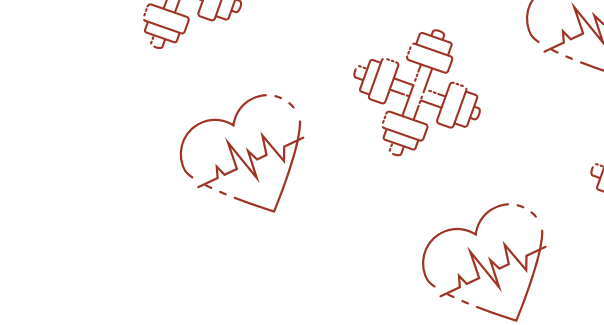
3-5 Rounds depending on fitness level
Rest as little as possible between exercises

PLANK CRUNCH X 10 REPS/LEG

**SIDE PLANK CRUNCH X 8
REPS/LEG/SIDE**

V SIT UP X 15 REPS

RENEGADE ROW X 10 REPS/ARM



ADVANCED WORKOUT #3

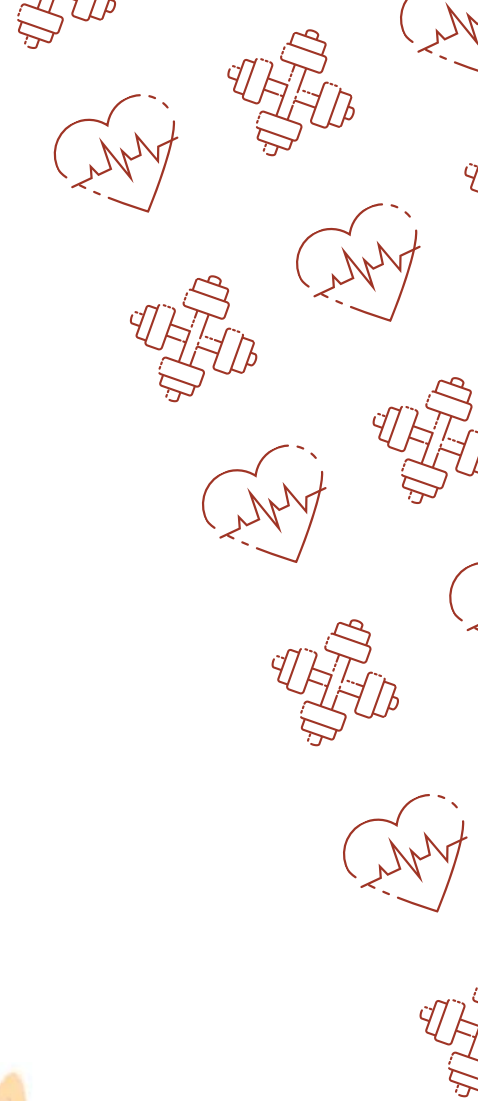
CORE WORKOUT

INSTRUCTIONS:

Start with 1 rep of each, then add 1 rep
each round until you hit 10 reps
Rest as little as possible between exercises

PLANK CRUNCH 1 REP = EACH
LEG

REVERSE CRUNCH



ADVANCED WORKOUT #4

CORE WORKOUT

INSTRUCTIONS:

1-4 Rounds depending on fitness level
Rest as little as possible between exercises

PLANK LEVEL 3 X 60 SEC HOLD

LEG LOWERING X 10 REPS

PLANK LEVEL 3 X 60 SEC HOLD

REVERSE CRUNCH X 10 REPS

PLANK LEVEL 3 X 60 SEC HOLD

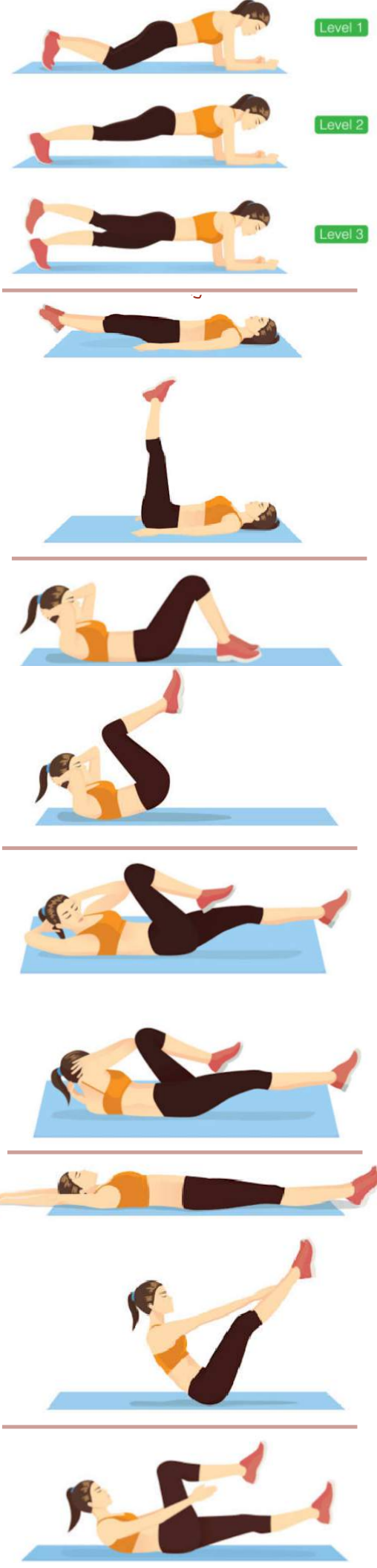
CROSS CRUNCH X 5 REPS/SIDE

PLANK LEVEL 3 X 60 SEC HOLD

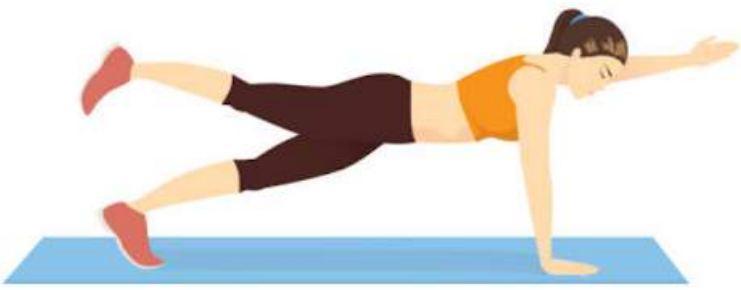
V SIT UPS X 10 REPS

PLANK LEVEL 3 X 60 SEC HOLD

CRUNCH REACH THROUGH X 5
REPS/SIDE



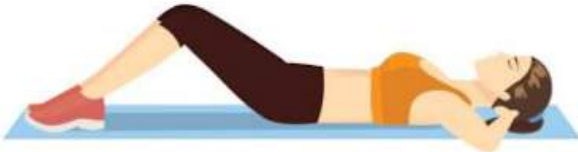
EXERCISE LIBRARY



Alternating Leg & Arm Raise



Bird Dog



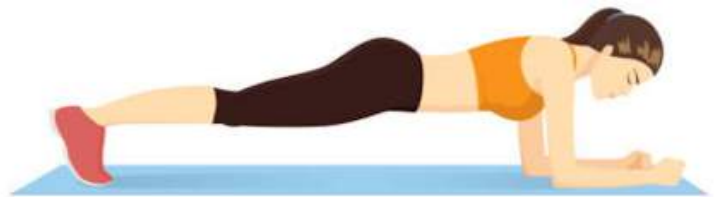
Crunch



Cross Crunch



Crunch Reach Through



Plank Crunch



Reverse Crunch



Flutter Kicks





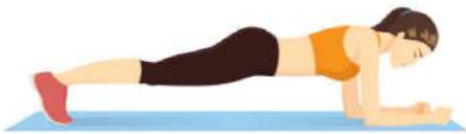
Leg Lowering



Mountain Climbers



Level 1



Level 2

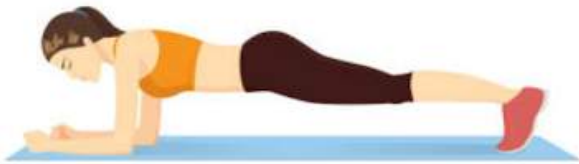


Level 3

Plank



Beginner Side Plank



Plank Saw



Side Plank



Side Plank Crunch

Renegade Row

V Sit Up

WORKOUT TRACKER



WORK OUT SCHEDULE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUES				
WED				
THURS				
FRIDAY				



WORK OUT SCHEDULE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUES				
WED				
THURS				
FRIDAY				



WORKOUT TRACKER

FILL IN THIS SHEET AFTER EACH WORKOUT TO SEE WHICH ONES ARE WORKING FOR YOU AND HOW THEY ARE POSITIVELY AFFECTING YOUR DAY.

✓ WORKOUT NAME:

BEFORE I FELT...

AFTER I FELT...



✓ WORKOUT NAME:

BEFORE I FELT...

AFTER I FELT...



✓ WORKOUT NAME:

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AFTER I FELT...





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FULL CIRCLE FITNESS

Full Circle Fitness is a state of the art, functional training studio that provides its members with the most intimate and personalized fitness experience. We specialize in functional training for adults 50 and over. Forget the magic weight loss plans, discover how to make lasting lifestyle changes that will leave you feeling stronger, more confident, balanced, and living your best life!

The latest research and knowledge is used to create functional training programs, small group classes, and classical Pilates sessions. Benefits include increased endurance, strength, injury prevention, weight loss, and better function and mobility for an overall better quality of life. Each member has the option of training privately, in small groups or creating a hybrid program of both experiences.

A Special Offer for you

>> A **FREE 7 DAY PASS** <<

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