

WHAT ARE THE ESSENTIALS?


- **Mindset, Nutrition, Movement & Recovery**—the 4 components of an integrated lifestyle system.
- This is **not** “just another” diet and exercise program or quick fix—it is a system for producing long-term positive changes that will lead to a healthier life.
- These guides will take you step-by-step through the Core Performance™ Essentials, offering details on each.
- Let’s get started!

Essential Icons:

MINDSET

RECOVERY

NUTRITION

MOVEMENT

Coaching Tip

Quick Tip

MINDSET

- Before you embark on this new program of nutrition and exercise, define what drives and inspires you:
 - What are your core values?
 - What roles do you play in life (at work, at home and with family/friends)?
 - How do you define success and how do you achieve your goals?
 - How will your success in this program help you improve the quality of your life in each of the roles listed above?
- Forget the “body-building mentality!” Think of yourself as an athlete, training to master movement.
- The Core Performance™ program teaches you how to train your whole body. Plus, you’ll get in phenomenal shape—in far less time than bodybuilders spend at the gym.
- Be determined, stay focused on your goals, and remain confident in your ability to achieve them.


MOVEMENT
Movement Prep

- Once you’ve mastered Movement Prep, you will know the core movements you need to protect your body from the long-term deterioration of aging.
- Additional multiple benefits, including:
 - increasing core temperature
 - lengthening, strengthening, stabilizing and balancing muscle
 - increasing coordination
 - increasing tissue quality
 - mastering core fundamental movement patterns



QuickTip: If you haven’t worked out all day, do the Movement Prep routine for 5 minutes.


Coaching Tips:

- Move slowly through each exercise.
- Keep weight centered on the ball of your foot.
- Focus on your posture throughout each exercise.
- Always have your core engaged.


NUTRITION

If you follow these 4 easy rules each and every day, you will be on your way to optimizing your nutrition and your performance.

- 1 EAT CLEAN!** Always choose the least-processed, best forms of food as often as possible.

Carbs: Think “come back to Earth”—**meaning, less processed = better for you.**

- **Best Choices:** Fruits, veggies, beans, whole-wheat pasta, brown rice, and cereals, breads and tortillas with at least 3g of fiber per serving.

Fats: Choose fats that “give something back” to your body.

- **Best Choices:** Nuts, seeds, natural nut butters, olive oil, fish oil, flaxseed.

Protein: Choose the leanest possible (grilled or baked) and think “less legs.” (Typically, the fewer the legs on the animal the protein came from, the better it will be for you.)

- **Best Choices:** Fish (especially salmon and tuna), skinless turkey and chicken, pork chops, lean cuts of red meat, low-fat dairy products.

- 2 EAT EARLY & EAT OFTEN!** Eating breakfast jump-starts your energy level and metabolism. Smaller, more frequent meals keep your blood sugar—and energy—balanced throughout the day.

- Eat **5–8 meals/day!** That means small portions spread evenly through the course of the day.
- Combine protein, carbs and healthy fats at **every** meal—think “**3 for 3**”: 3 nutrients every 3 hours.



QuickTip: Pack snacks from home and carry them with you; staying fueled throughout the day will increase your performance.

- 3 HYDRATE!** dehydration = decreased performance

- Drink at least half your body weight in ounces of water per day.



QuickTip: “Think before you drink!” Stick to mainly water and other naturally non-calorie beverages. Occasionally, 100% fruit juice is OK. Use sports drinks only before, during or after activity!

- 4 Focus on MINDSET!** Remember your goals at all times.

- Great nutrition comes from proper planning and consistent implementation.
- Nutrition is 80% habit and 20% science. The best science in the world won’t do you any good if you do not change your behavior.



QuickTip: Fuel your body with what it needs most of the time, but occasionally treat yourself to your favorite foods, even if they are not “best choices.”

Prehab vs. Rehab

- **Rehab:** Needed to recover from injuries often brought about from a lack of movement or exercise.
- **Prehab:** Helps prevent aches and pains before they start. Also, protects your body from backsliding into pain, inactivity and dysfunction. Benefits include:
 - **protection from pain**—shoulder, lower back, hip and knee
 - **development of balance, coordination, strength and endurance**—all necessary to function in everyday life

Coaching Tip – How to Engage Your Core
Do

- Tighten your tummy by “feeling tall”
- Slightly pull your belly button back and away from your belt buckle
- Relax your breathing

Don't

- Slouch
- Tense your entire body
- Hold your breath

Strength

- Your body needs strength to **sustain movement and everyday demands**, but getting stronger doesn't mean building huge, showy muscles.
- The goal of this program is to maximize your strength without gaining unwanted mass. To achieve that goal, we work to improve coordination both within and among all the muscles that perform the desired movement patterns.
- This program will work to **improve your functional strength**, which then will act as a foundation for **basic movement patterns**, exercises to help improve **stability, mobility, balance, and proprioception** (the information sensors in your joints and muscles)—all designed to help prevent injury and enhance quality of life.

Not Your Average Strength Workout!

- Traditional strength workouts focus on training body parts, with little effort to work the core or to train for functional movement.
- Core Performance™ strength workouts focus on multi-joint movements to improve:
 - coordination and muscle recruitment
 - calorie burning
 - balance
 - stability
 - flexibility

Energy Systems Development

(ESD)

QuickTip: Be efficient!

- Intensity is more important than volume, so maintain the same volume—12 to 30 minutes—throughout the program, but ratchet up the intensity!
- The smaller the work-to-rest ratio, the more you will improve your body's lactate threshold (its capacity to do high-intensity work).

QuickTip: Mix it up!

- Don't get bored with a single cardio routine—pick your favorites from this list or do them all:
 - gym equipment—bike, treadmill, elliptical trainer, versa-climber
 - attacking hills
 - cycling outside
 - swimming
 - climbing stairs
 - mapping a route around your neighborhood with a series of hills and flat surfaces (good for cycling, walking, jogging)
- It's a fact** that interval training increases energy production in every cell, allowing you to burn energy more efficiently.

WORKOUTS

About Core Performance™ Levels 1, 2, 3 & 4 Workouts

- To start, exercise 3 days a week (Monday, Wednesday, Friday) for 30 minutes at a time.
- If you have time to do cardio work on Tuesdays and Thursdays, make the most of those additional 30-minute intervals.

LEVEL 1 - GET READY...

Goal – Take an inventory of your body:

- right side versus left
- areas of tightness
- coordination
- front versus back
- balance
- strength

Progress – Your time in Level 1 depends on several factors:

- If you're in fairly good shape and progressing easily, you might need only 1 week before moving onto Level 2. (EX: If you finish Stage A in well under 30 minutes, do 1 more round of each unit, which is Stage B; you then may be ready for Stage C on Wednesday, adding two more reps; on Friday, add another 2 reps for a total of 10 in Stage D.)
- If you are in pain or “deconditioned,” it may take a couple weeks to complete Level 1—be patient, the foundation you lay in Level 1 will help you achieve better, more lasting progress from this point on.

QuickTip: Progress to the next level when you successfully complete Stage D with perfect technique in the desired time.

QuickTip: Progress to the next stage when you successfully complete the prescribed number of circuits in the allotted time.

ESD

- Level 1 ESD focuses on **steady-state aerobic work**—training your body to use oxygen to provide a **steady and consistent low level of energy for a long time**, without building up waste products that hinder performance.

QuickTip: In Level 1, you should be able to carry on a conversation when you are in your aerobic zone.

CARDIO

Activities, including: walking/jogging, biking, swimming; also, cardio equipment such as treadmill, stationary bike, or elliptical trainer

| STAGE: | A | B | C | D |
|--------------------------------------|--------|--------|--------|--------|
| WORK: (Steady, low intensity) | 18 MIN | 18 MIN | 24 MIN | 18 MIN |

LEVEL 2 - GET SET...GO!

- Now that you know the basics of the routine, a few variations have been added to make each exercise more complex.
- A third unit has also been added: **Strength**.
- You now have 3 units of 5 exercises, with 10 minutes to complete each unit.

Goal – Start slow and gradually build up speed and proficiency, making gains in:

- strength
- flexibility
- stability

- Keep your eye on the clock!

- Remember, you only have 30 minutes, divided equally into three 10-minute blocks.
- Get as much done as you can in one unit; if you've gone through 1 1/2 times, and the timer goes off, stop. Move on to the next section.

Progress – Follow the same core advice as for Level 1:

QuickTip: Progress to the next level when you successfully complete Stage D with perfect technique in the desired time.

QuickTip: Progress to the next stage when you successfully complete the prescribed number of circuits in the allotted time.

Coaching Tip: Celebrate the challenge! Any worthwhile change you can try to make in your life presents a challenge. The question is, what are you going to do when you run into this challenge? Will you back down, make excuses, point fingers—or will you see it as a chance to make a positive change?

Celebrate change and challenge yourself!

Coaching Tip: Don't take short cuts! To ensure you achieve gains in strength, flexibility and stability, stay focused throughout the entire workout.

ESD

- Level 2 ESD focuses on interval training—mixing moderate and easy aerobic work—starting to boost your energy systems to prepare for Level 3.
- Easy-intensity aerobic work will allow you to catch your breath and recover.
- Moderate-intensity aerobic work will be fairly challenging.

QuickTip: In Level 2, you should find it difficult to carry on a conversation when in your aerobic zone.

CARDIO

Activities, including: walking/jogging, biking, swimming; also, cardio equipment such as treadmill, stationary bike, or elliptical trainer

| WARMUP: | 3 minutes | | | |
|-------------------------|-----------|--------|--------|--------|
| STAGE: | A | B | C | D |
| WORK: (Moderate) | 1 MIN | 1 MIN | 2 MIN | 3 MIN |
| RECOVERY: (Easy) | 3 MIN | 3 MIN | 3 MIN | 3 MIN |
| NO. OF REPS: | 3X | 4X | 4X | 3X |
| COOLDOWN: | 5 minutes | | | |
| TOTAL TIME: | 20 MIN | 24 MIN | 28 MIN | 26 MIN |

LEVEL 1 - WORKOUT!

MOVEMENT PREP
(15 MINUTES)

STAGE: A B C D
NO. OF CIRCUITS: 1 2 2 2
REPETITIONS: 6 EA 6 EA 8 EA 10 EA
OR TIME: 12 SEC 12 SEC 16 SEC 20 SEC

1 90/90 Stretch



2 Lunge Stretch



3 Inverted Hamstring (In Place)



4 Lateral Lunge



PREHAB
(15 MINUTES)

STAGE: A B C D
NO. OF CIRCUITS: 1 2 3 4
REPETITIONS: 6 EA 6 EA 8 EA 10 EA
OR TIME: 12 SEC 12 SEC 16 SEC 20 SEC

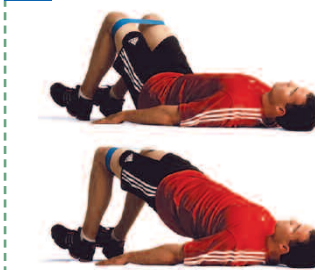
1 Pillar Bridge Front (Kneeling)



2 Pillar Bridge Lateral (Kneeling)



3 Glute Bridge (Mini Band)



4 Floor Ys & Ts



LEVEL 2 - WORKOUT!

MOVEMENT PREP
(10 MINUTES)

STAGE: A B C D
NO. OF CIRCUITS: 1 1 1 1
REPETITIONS: 6 EA 6 EA 8 EA 10 EA
OR TIME: 12 SEC 12 SEC 16 SEC 20 SEC

1 90/90 Stretch (Legs crossed)



2 Lunge Stretch (Backward)



3 Handwalk (Reverse)



4 Inverted Hamstring (In Place)



5 Lateral Lunge (Step & Return)



PREHAB
(10 MINUTES)

STAGE: A B C D
NO. OF CIRCUITS: 1 2 2 2
REPETITIONS: 6 EA 6 EA 8 EA 10 EA
OR TIME: 12 SEC 12 SEC 16 SEC 20 SEC

1 Pillar Bridge (Front)



2 Pillar Bridge Lateral



3 Glute Bridge (Padded)



4 Mini Band Standing



5 Physioball Ys & Ts (Arms Bent)



STRENGTH CIRCUIT
(10 MINUTES)

STAGE: A B C D
NO. OF CIRCUITS: 1 2 2 2
REPETITIONS: 6 EA 6 EA 8 EA 10 EA

1 Pushup (OR Pushup Kneeling)



2 Glute Bridge (With Physioball)



3 Floor Crunch (Double Number of Reps)



4 Squat (Body Weight, with Mini Band)



5 Split Dumbbell Curl



Regeneration

Work + Rest = Success

- **Regeneration** is a lifestyle philosophy, a recognition that you need to plan ways to recover—mentally and physically—in all areas of your life.
- “Regen” is crucial for the body to experience the gains it made by working out.
- It allows us to recharge our batteries and come back invigorated and stronger, ready to perform at even higher levels

About Regeneration

- Use it along with the rest of the Core Performance™ workout.
- 2 simple items—a foam roll and a stretch rope—help you achieve significant results.
- Plus, “regen” can be done while watching TV or before bed; don’t think of it as extra work, but, rather, as taking special care of yourself.
- Apply a pattern of rest and regeneration to balance all aspects of your life on a regular basis; the improvement to your quality of life is sure to amaze you.

REGENERATION ROUTINES

Self-Massage with Foam Roll

• **Equipment – 1 foam roll:** 18"-long roll of tightly packed foam, 5" diameter. (Foam rolls are inexpensive and available at www.coreperformance.com.)

• **How it works** – Acts as a **deep massage**, using deep compression to roll out muscle spasms that develop over time.

- o Allows the muscle to relax and loosen up.
- o Gets the blood and lymphatic system flowing.

Coaching Tips:

- o Roll each muscle for 30-60 seconds, hold on sore spots for an additional 30-60 seconds.
- o The more uncomfortable it is, the more the muscle needs to be massaged.
- o Hold the position on sore spots to release the soreness.



Foam Roll Quad/Hip Flexor

❶ Lie facedown on the floor with a foam roll under the front of your thighs. ❷ Roll over the quads from your hip to just above your knee. For added benefit, cross one leg over the other, placing all your body weight on the front of one thigh. The more uncomfortable it feels, the more that muscle needs to be massaged. ❸ Hold your position on sore spots for an extended time to release the soreness. ❹ Roll slightly on the outside and inside of the thighs, as if you were getting a massage.



Foam Roll Lower Back

❶ Lie faceup with a foam roll under your midback. ❷ Cross your arms over your chest. ❸ Roll from the middle of your back to the base of your spine and repeat. The more uncomfortable it is, the more that muscle needs to be massaged. ❹ Hold your position on sore spots for an extended time to release the soreness, as if you were getting a massage.



Foam Roll IT Band

❶ Lie on your side with a foam roll under the outside of your thigh. ❷ Roll over the foam from your hip to just above your knee. The more uncomfortable it is, the more that muscle needs to be massaged. ❸ Hold your position on sore spots for an extended time to release the soreness, as if you were getting a massage.

Flexibility - AIS Stretching

• **Equipment – 1 rope:** 8' to 10' long. (Most home improvement stores will cut rope for a few dollars. Ropes are also available at www.coreperformance.com.)

• **How it works** – *Isolates the muscle to be stretched*

- o **Reciprocal Inhibition:** As you contract the opposite muscle you are trying to stretch, it will cause the stretched muscle to relax and lengthen.
- o **Increased flexibility** is gained by implementing a movement that exceeds the momentarily existing range of motion.



Glute Stretch (Supine)

❶ Lying faceup on ground, actively lift one knee to your chest and then give it gentle assistance by grabbing the knee and pulling it closer to your chest. ❷ Exhale and hold the stretch for 2 seconds, then return to the starting position. ❸ Repeat for the prescribed number of repetitions and switch legs. ❹ Keep your nonstretching leg flat on the floor by pushing the bottom of your heel away from your head. You should feel a stretch in your glutes, hamstrings, and hip flexors.



Rope Stretch—Straight Leg Hamstring

❶ Lie on your back with your left leg straight and a rope wrapped around your foot. ❷ Actively lift your left leg as far as possible, pulling the rope above your head, then give it gentle assistance with the rope until a stretch is felt. ❸ Hold for 2 seconds and then relax. Repeat. Keep the opposite leg on the floor by pushing your heel as far away from your head as possible, contracting the glute. You should feel a stretch in the hamstring of your raised leg and a stretch in the hip flexor of your bottom leg.



Quad/Hip Flexor Stretch (Kneeling, Back Foot Up)

❶ Place your back knee on a soft mat or pad, with your back foot elevated on a chair or physioball. ❷ While keeping a slight forward lean of the torso, tighten the core and the glute of the leg with the knee on the ground. ❸ Maintaining this posture, shift your entire body slightly forward. ❹ Exhale and hold the stretch for 2 seconds. Relax and repeat. Avoid excessive arching in your back. You should feel a stretch in the front of your hip and your upper thigh.

Coaching Tips:

- o Actively move your body through its full range of motion.
- o Give gentle assistance with the rope until you feel a stretch.
- o Hold each stretch for 2 seconds, and repeat 10 reps each.

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